

REPORT TO THE BOARD OF EDUCATION OF SCHOOL DISTRICT NO.46 (SUNSHINE COAST)

STRATEGIC PLAN REPORT: PHYSICAL HEALTH

Submitted by Superintendent Bocking and Director Kerr
January 13th, 2020

1g Our students will develop and apply skills and habits to support their **physical health**.

Background:

Physical Health is foundational to the work we do in School District No. 46. Our focus on physical health and well-being is supported through our committee work, as well as through the long-standing work of our partners in the community. Our outdoor environments encourage active and healthy lifestyles, and create opportunities for place-based learning, Indigenous connections and curricular competencies in Physical Health and Development. During the pandemic we have seen an unprecedented focus on Physical Health in society at large. Our longstanding strategies of supporting students to prioritize their physical health both within school time and in our after school environments have served us well, despite the new challenges posed by the pandemic.

Discussion:

- Using our students' voice through the MDI Data allows us to vision and provide programming and supports to meet student need.
- 2019/2020 MDI Data: <http://earlylearning.ubc.ca/maps/mdi/nh/sd46/>

Data to Action:

- Community School Partners have provided a myriad of opportunities to support playful outdoor experiences after school. Students are regularly surveyed and programming is offered to support students in developing their physical literacy through participation in active play.
- The Ministry of Sports, Arts and Culture provides funding to hire sports 'experts' who offer opportunities at elementary schools across the district. Outdoor experiences have become standard practice as we develop strategies to promote activity while also encouraging students to maintain safe distances from peers. Initiatives such as mountain biking and outdoor active games are supported through these after school initiatives.
- A district-wide program designed to support the transition to Grade 8 titled 'School's Out' is being rolled out this year. This will provide opportunities for students to develop connections to their new secondary school by participating in sports and games with a transitions focus.

- Providing for the nutritional needs of students has been supported through the work of community schools through enhanced federal funding during the pandemic. Breakfast and lunch programs have expanded in order to meet the growing demand.
- Partnerships with non-profit organizations have created opportunities to supply vulnerable students with meals during the weekend. More than 140 children in both elementary and secondary schools receive 'Backpack Buddies' containing easy to make meals to sustain them over the weekends.
- The United Way Lower Mainland has provided funding for groceries to be delivered to more than 70 Sunshine Coast families in order to provide food over the extended Winter and Spring Breaks. Organized by our community schools, through partnerships with local grocery stores, we are working together to support the nutritional needs of families during these extended breaks.
- A significant focus on Active Transportation has brought expert panels to our parent communities. Parent Advisory Groups have worked in partnership with the school district to expand active means of getting students to school.
- The District's Early Years 'Tales & Trails' programs have been expanded to encourage families with young children to discover new areas of the Sunshine Coast while exercising and developing an appreciation for our outdoor environments.
- Teachers have participated in Outdoor Play professional development, and have taken advantage of a book lending program focused on educational programming outside.
- Outdoor Learning Structures are being developed at school sites as the focus on learning outdoors has intensified during the pandemic.
- The district committee is sponsoring a, "Coast Fit Challenge", which provides students an opportunity to track their progress against fitness standards.
- Inservice sessions will be provided throughout the winter to help develop programs to support student physical health during the pandemic
- Educators continue to take students outside whenever possible; funds have been provided for raincoats, umbrellas and other supports to be outside as determined by each school.
- Teachers continue to modify indoor sports to decrease physical contact to adapt with the health and safety protocols.