

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

STRATEGIC PLAN REPORT: PHYSICAL HEALTH

Submitted by Director Kerr
January 8th, 2020

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

Background:

The Sunshine Coast School District has a strong and vibrant focus on Physical Health. We are fortunate to be situated in a location that has access to the natural wonders of the outdoors, with a growing connection and understanding of where we live and learn on the Sechelt and Squamish Nations. Physical Health is embedded in the culture of the district through our committees and connections to our community partners, the curriculum of Physical Health Education, our Indigenous Learning Team, and the myriad of opportunities we provide to students to participate in a healthy active lifestyle

Discussion:

- A significant shift is the name change and focus from the Sports Committee to the Physical Health Committee. Our Healthy Schools Committee has committed to focus on action items, as well as continue to be a venue to share information between partners.
- Our community partners support the physical health of our students with additional programming before and after school as well as supporting staff with accurate and relevant information to support our students and their physical health.
- The new curriculum is Physical Health Curriculum – focus on active living, personal goals, nutrition, personal health, healthy choices and mental health. In grades 11 and 12 there are opportunities for diverse courses for students for those wanting more focus on training and sports or those interested in healthy and active lifestyle. Outdoor education is also an opportunity provided to students.
- The Indigenous Learning Team supports physical health through the teaching and learning of the medicine wheel, the Rites of Passage Program, classroom visits and the opportunities for participating in outdoor activities in the natural world.
- A myriad of elementary and secondary physical opportunities from sports teams to clubs are provided for students throughout the district both at school sites and district wide.
- A focus on gardens and nutrition at all our elementary schools.
- Outdoor learning spaces in schools as well as opportunities for more regular connection with nature in the day to day curriculum for our students.
- Adolescent Health Initiatives – Vaping Awareness and Substance Use Panels
- Active Transport Project with our community partners to improve students active travel to school

Next Steps:

- Building a Terms of Reference for the Physical Health Committee to reflect the expanded focus from the original Sport Committee
- ASSAI Grant - After School Sports and Arts Initiative which is offered at all elementary schools and Pender Secondary including a variety of arts initiatives and spring mountain bike programs, which is funded by the Ministry of Community Sport and Cultural Development to support children who may not otherwise have access to after school sports and arts opportunities
- Vaping Awareness and Prevention strategies with community partners - Vancouver Coastal Health and Health Canada.
- Substance Use Panels expansion for pre and post visit to support staff and students with the focus and retention of information given during the panels.
- Active Transport Project – a survey of safe routes to schools.