

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

STRATEGIC PLAN REPORT: PHYSICAL HEALTH

Submitted by Director of Instruction Christa Rive  
January 11, 2023

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Goal 1.g: Our students will apply skills to support their **physical health**.

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**Overview:**

Physical Health is both an important and broad goal area. This year, the focus of the presentation was on consent. Specifically, we looked at how consent education begins in the Physical Health Education curriculum in kindergarten and then we more deeply examined consent education in grades 4 and 5. More information is available at:

[https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/curriculum/physical-health-education/en\\_physical-health-education\\_k-9\\_elab.pdf](https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/curriculum/physical-health-education/en_physical-health-education_k-9_elab.pdf)

The presentation was further informed by the newly released Ministry of Education and Child Care documents linked below:

- *Supporting Student Health - Elementary (2022)*  
[https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/subject/phe/Supporting\\_Student\\_Health\\_Elementary.pdf](https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/subject/phe/Supporting_Student_Health_Elementary.pdf)
- *Supporting Student Health - Secondary (2022)*  
[https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/subject/phe/Supporting\\_Student\\_Health\\_Secondary.pdf](https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/subject/phe/Supporting_Student_Health_Secondary.pdf)

**Synopsis of this Year's Initiatives:**

- Consent and Respectful Dialogue (CARD) sessions are planned for February
- Development of Consent module is in progress in partnership with Shift education. The goal will be to provide all secondary students with clear information about consent right from the start of the year
- Taking Care of Ourselves and Others; Safer Space sessions booked

**Data Analysis and Review:**

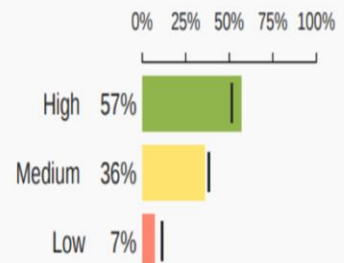
The following MDI data highlights two areas: assertiveness and empathy.



## GRADE 6 MDI - 2022

### ASSERTIVENESS

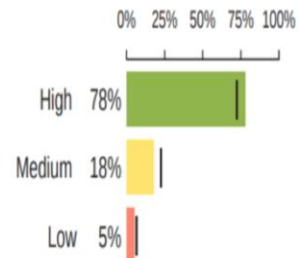
Assertiveness means communicating a personal point of view. It includes the ability to stand up for oneself. e.g., "If I disagree with a friend, I tell them."



## GRADE 6 MDI - 2022

### EMPATHY

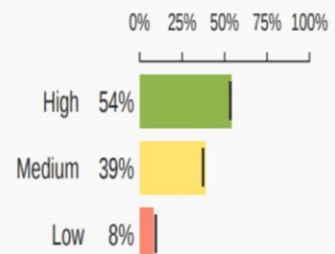
Empathy is the experience of understanding and sharing the feelings of others. e.g., "I care about the feelings of others."



## GRADE 8 MDI - 2022

### ASSERTIVENESS

Assertiveness means communicating a personal point of view. It includes the ability to stand up for oneself. e.g., "If I disagree with a friend, I tell them."

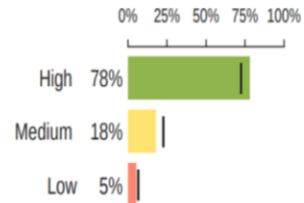




## GRADE 8 MDI - 2022

### EMPATHY

Empathy is the experience of understanding and sharing the feelings of others. e.g., "I care about the feelings of others."



### Resources/Budget:

- District Secondary Safe Schools counsellor will be focussing her time in this area.
- Counsellors will continue their work in this area.
- Mental Health Literacy – refresh and new training offered to teachers

### Emerging Areas of Need:

- Continuing to work with counsellors, classroom teachers in the area of consent especially as it relates to the newly released document as linked above.
- Increase focus to all secondary schools

### Adaptations/Next Steps:

- Counsellors, staff continue to review and identify key areas arising to plan for next year
- Continue with additional sexual health education in schools
- CARD program expanded to include all secondary schools: scheduled for February 2023
- Safer Space, TCO2 sessions scheduled for spring 2023
- Continue regional, provincial networks to share, learn information
- District Secondary Counsellor to continue help resource, build capacity in the area of sexual health and consent