

**DATE:** April 10, 2012

**TO:** Board of Trustees

**FROM:** Edgar Schmidt, Superintendent of Schools

**SUBJECT:** Health and Wellness of Staff and Students Annual Report

**ORIGINATOR:** Tanni Parker, Assistant Superintendent

**RESOURCE STAFF:** Debbie Jackson, Carolyn Mathew, Corrie Ziegler

**REFERENCE:** [Health and Wellness of Staff and Students Board Policy GBE.BP](#)  
[Health and Wellness of Staff and Student Administrative Regulation GBE.AR](#)  
[Comprehensive School Health \(CSH\) Share Site](#)  
[November 8, 2011 Board Report – APPLE Schools](#)  
[November 29, 2011 Board Report - Criteria/Qualifications for Staff Providing Services for Mental Health and Addictions Counselling \(Trustee Request #119\)](#)  
[November 29, 2011 Board Report - Annual Progress Reports to Board \(Trustee Request #102\)](#)

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#### **ISSUE**

In June 2011 the Board of Trustees requested an annual report on Health and Wellness of Staff and Students. This is the report for 2011-2012.

#### **BACKGROUND**

- Health and Wellness of Staff and Students Board Policy GBE.BP and Health and Wellness of Staff and Student Administrative Regulation GBE.AR provide direction for work in this area and reflect the District's commitment to promote physical activity, emotional well-being, nutrition education and healthy eating.
- Successful completion of Physical Education 10 data, 2010-11 is included in Attachment I.
- Accountability Pillar Data related to the percentage of teachers, parents and students satisfied with the opportunity for students to receive a broad program of studies including fine arts, career, technology, and health and physical education is included in Attachment II.

#### **CURRENT SITUATION**

The District continues to support health and wellness of staff and students through an integrated approach, and although not an exhaustive list, the ideas below demonstrate key work in this area.

A Comprehensive School Health (CSH) Team in Student Learning Services (Support for Staff and Students), was created in 2011 and works collaboratively with internal and external partners to support and promote health and wellness for staff and students. This team has designed a CSH Share site that provides a multitude of current, relevant and practical resources around health and wellness.

### **Promoting Physical Activity and Emotional Well-Being in School Communities**

CSH consultants support schools in meeting the Physical Education (PE)/Health curriculum outcomes and the district regulations by:

- Facilitating collaborative meetings for PE and Health K-9 teachers and PE high school department heads regularly throughout the year. These meetings provide an opportunity for teachers to develop their expertise and skills, stay current with best practices, and share resources by networking with teacher and consultant colleagues.
- Responding to requests (phone calls, e-mails, etc.) from parents, staff and community for information and resources related to health and wellness.
- Researching and reporting as requested around health and wellness issues. A comprehensive information report on Criteria/Qualifications for Staff Providing Services for Mental Health and Addictions Counselling was submitted to the Board of Trustees in November 2011.
- Facilitating professional learning opportunities for staff around such topics as mental health and daily physical activities. Four schools were trained this year in Mental Health First Aid (MHFA). A MHFA informational webcast was created and shared with district staff via the Bulletin Board and the CSH Share site.
- Liaising with external agencies (Alberta Health Services, Alberta Education, Red Cross, Ever Active Schools, APPLE Schools, etc.) that provide additional supports. CSH staff hosted an agency fair for schools in September to highlight community resources available and facilitate networking.
- Collaborating with external agencies. For example, Edmonton Public Schools consultants worked with Alberta Health Services nurses and Edmonton Catholic consultants to create a Junior High Mental Health Kit. Currently CSH consultants are developing a plan for effectively distributing this resource to all junior high and K-9 schools by September, 2012.
- Sharing research related to the importance of physical activity and mental health supports. A copy of The Chief Public Health Officers report on the *State of Public Health in Canada 2011* was sent out to all schools with a summary highlighting some of the most significant findings of this groundbreaking report for sexual and gender minority youth, Aboriginal youth, and immigrant youth. These findings were organized under the headings of (1) Mental Health and Mental Illness; (2) Physical Health; and (3) Creating Healthy Transitions.
- Providing Athletics support to 84 junior high and high schools.
- Providing leadership and support to large events that promote health and wellness, such as Journal Games, KidsCan, Rise Up Against Bully (Edmonton Rush), etc.

Other district supports include:

- Support for District staff to participate in regular physical activities, such as pilates and yoga offered at the Centre.
- Healthy Living Pilot Project, a service offered to selected staff, is sponsored by Employee Health Services Human Resources and Alberta School Employee Benefit Plan (ASEBP).

### **Promoting Nutrition Education and Healthy Eating in School Communities**

CSH team members collaborate with district staff and external agencies to provide information, guidance and resources that promote nutrition education and healthy eating. They do so by:

- Responding to staff and community inquires in relation to the healthy eating regulations. Staff from Executive Services, Purchasing and CSH created a frequently asked Q and A

document which was made available to district staff. CSH staff respond to phone calls and emails as required.

- Highlighting and making key resources such as *Steps To A Healthy School Environment: School Nutrition Handbook* Alberta Health Services accessible to schools.
- Establishing key contacts and a method for information distribution and sharing. The CSH Team and Alberta Health Services (School Health Teams) have identified a key contact, and work together to coordinate distribution of resources and sharing of pertinent information.
- Connecting staff to external community partners that provide resources in support of healthy nutritional choices, such as health nurses and nutritionists from Alberta Health Services who provide support to central and schools around nutrition. Support such as selecting foods from the choose most often, choose sometimes categories for vending machines, school stores, fund raisers, etc., are provided.
- Researching and reporting as requested around health and wellness issues related to nutrition and healthy eating. The CSH team supported the presentation of an information report and presentation to the Board on APPLE Schools was given in November, 2011.
- Hosting a CSH site that is updated regularly with resources and information related to nutrition and healthy eating.

Other supports include:

- Staff from Purchasing and Contract Services, meet with district food suppliers to support the purchase of healthy food choices for schools, and Central (Deli and vending machines).
- As outlined in Trustee Service Request #310, E4C and Food for Thought supply food and beverages to hungry students in several district schools.

Challenges

- Generalist K- 6 teachers will continue to need training and support to teach and assess PE and provide appropriate regular daily physical activities (DPA).
- High school students opting to take PE 10 during summer school may limit their regular physical activity.
- Greater core curricular demands can lead to decreased opportunities for Health, DPA and PE.
- Large school populations and large class sizes can create challenges in relation to appropriate space, availability (scheduling), and safety concerns for daily DPA.
- Inclusive education expectations challenge teachers to include students in PE who require more specialized programming.
- Consistent messaging and delivery of physical education programming and DPA.

#### **KEY POINTS**

- An increasing number of teachers, parents and students are satisfied with the opportunity for students to receive a broad program of studies which includes physical education and health
- The creation of a CSH Team demonstrates a district commitment to promote and support health and wellness in relation to physical activity, emotional well-being, nutrition and healthy eating.
- There is a coordinated effort from central to provide support to improve the health and wellness of staff and students through a variety of mechanisms.

- The District has established and maintains strong collaborative partnerships with government and community agencies that support health and wellness through the provision of current information and resources.

**ATTACHMENTS & APPENDICES**

ATTACHMENT I Physical Education 10 Successful Completion Data 2010-11

ATTACHMENT II Accountability Pillar Data

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**Physical Education 10 Successful Completion Data 2010-11**

<b>Semester</b>	<b>Credit Value</b>	<b>Number of Grade 10 Students Successfully Completing Physical Education 10</b>	<b>September 30, 2010 Grade 10 District Enrolment</b>
Term 1	3	322	
Term 1	5	1,159	
<b>Term 1 Total</b>		1,481	6,583
Term 2 and Full Year	3	493	
Term 2 and Full Year	4	1	
Term 2 and Full Year	5	2,491	
<b>Term 2 and Full Year Total</b>		2,985	
Summer	3	1,177	
Summer	5	76	
<b>Summer Total</b>		1,253	
<b>Grand Total</b>		5,719	

### Accountability Pillar Data

#### Transformed Education through Collaboration

Students have access to programming and supports to enable their learning

Note – This outcome combines the following outcomes from the 2010/11 – 2012/13 three year education plan:

- The education system meets the needs of all K-12 students and supports our society and the economy
- School environments are safe and caring

	Year	Overall	Parent	Student	Teacher
<b>Edmonton School District No. 7</b> Percentage of teachers, parents and students satisfied with the opportunity for students to receive a broad program of studies including fine arts, career, technology, and health and physical education.	2007	80.6%	79.3%	74.7%	87.9%
	2008	81.7%	80.4%	76.2%	88.4%
	2009	81.9%	80.1%	77.0%	88.6%
	2010	82.0%	80.7%	76.8%	88.6%
	2011	82.1%	80.4%	77.2%	88.7%

		Combined per cent of respondents who indicated satisfied or very satisfied				
		2007	2008	2009	2010	2011
<b>Parent – All</b>	How satisfied or dissatisfied are you with the opportunities your child has to learn about the following topics at school: Health?	84%	85%	86%	86%	87%
	How satisfied or dissatisfied are you with the opportunities your child has to participate in physical education at school?	89%	89%	90%	89%	89%
<b>Parent – Grade 4</b>	How satisfied or dissatisfied are you with the opportunities your child has to learn about the following topics at school: Health?	92%	91%	92%	91%	92%
	How satisfied or dissatisfied are you with the opportunities your child has to participate in physical education at school?	87%	88%	88%	89%	88%
<b>Parent – Grade 7</b>	How satisfied or dissatisfied are you with the opportunities your child has to learn about the following topics at school: Health?	86%	88%	90%	89%	90%
	How satisfied or dissatisfied are you with the opportunities your child has to participate in physical education at school?	89%	90%	92%	91%	91%
<b>Parent – Grade 10</b>	How satisfied or dissatisfied are you with the opportunities your child has to learn about the following topics at school: Health?	76%	75%	76%	74%	77%
	How satisfied or dissatisfied are you with the	90%	88%	89%	88%	87%

		Combined per cent of respondents who indicated satisfied or very satisfied				
		2007	2008	2009	2010	2011
	opportunities your child has to participate in physical education at school?					
<b>Teacher - All</b>	How satisfied or dissatisfied are you with the opportunities students at your school have to learn about the following topics at school: Health?	87%	87%	88%	88%	88%
	How satisfied or dissatisfied are you with the opportunities students at your school have to participate in physical education at school?	93%	94%	94%	94%	94%
<b>Teacher - Gr. 4</b>	How satisfied or dissatisfied are you with the opportunities students at your school have to learn about the following topics at school: Health?	90%	92%	89%	91%	91%
	How satisfied or dissatisfied are you with the opportunities students at your school have to participate in physical education at school?	93%	96%	93%	96%	94%
<b>Teacher - Gr. 7</b>	How satisfied or dissatisfied are you with the opportunities students at your school have to learn about the following topics at school: Health?	84%	82%	84%	85%	85%
	How satisfied or dissatisfied are you with the opportunities students at your school have to participate in physical education at school?	92%	94%	92%	93%	94%
<b>Teacher - Gr. 10</b>	How satisfied or dissatisfied are you with the opportunities students at your school have to learn about the following topics at school: Health?	77%	77%	78%	78%	77%
	How satisfied or dissatisfied are you with the opportunities students at your school have to participate in physical education at school?	91%	92%	92%	92%	91%
<b>Student - Gr. 7</b>	Are the opportunities you have to learn about health at school	80%	82%	84%	85%	84%
	Are the opportunities you have to participate in physical education at school	95%	95%	95%	96%	96%
<b>Student - Gr. 10</b>	Are the opportunities you have to learn about health at school	61%	64%	67%	65%	69%
	Are the opportunities you have to participate in physical education at school	91%	91%	92%	91%	89%

**Data Analysis:**

- An increasing number of teachers, parents and students are satisfied with the opportunity for students to receive a broad program of studies which includes physical education and health.

- K- 9 Parents are increasingly satisfied with their children's opportunities to participate in physical education and health. The 5 year trend has been increasingly positive. More schools are providing physical education and health opportunities using a Comprehensive School Health approach.
- High School parents are increasingly satisfied with their children's opportunities to participate in health, but increasingly dissatisfied with their children's opportunities to participate in physical education. Although the satisfaction rate is high, there is a slightly negative trend in relation to PE over the last 5 years.
- Over the past 5 years high school students have become increasingly satisfied with their school's ability to provide opportunities to participate in health education, and the same demographic expressed a slight decrease in satisfaction regarding opportunities to participate in PE.
- In the 2010-11, of the 5719 students successfully completing Physical Education 10, 1253 students completed the course at summer school, with 1177 completing the three credit course, and only 76 completing the five credit course.
- At the high school level a large number of students take PE 10 in the summer to make space in their timetables for academic courses during the school year which goes against the purpose of the PE curriculum which is to promote regular lifelong fitness
- Teachers' satisfaction levels have remained high and relatively consistent regarding their school's ability to provide opportunities in health and physical education for students. Junior High teachers are significantly more satisfied (5% increase) with their school's ability to provide PE opportunities for students.
- There is a small increase in the number of JH students who believe their schools provide ample opportunities for them to participate in health and PE.