



**DISTRICT EDUCATION COUNCIL
Superintendent's Monitoring Report**

Policy Name	Healthy Living		
Policy Number	ASD-W-ER 2.3	Number of Reports per year	1
Policy	<i>The council believes learning and teaching are enhanced through healthy living practices. Therefore, students will benefit from learning opportunities and programs that support healthy living, which includes but is not limited to mental health, nutrition, and physical activities in all facets of school.</i>		
Date of Report	February 2017		
Date of Previous Report (s) This School Year	N/A		
Date of Future Report (s) This School Year	N/A		
Report Filed by:	Catherine Blaney, Acting Superintendent		
Report Supported by:	Dianne Kay, Director of Curriculum and Instruction Karla Deweyert, Director of Education Support Services		

Interpretation:

- **This policy calls for the Superintendent to create an environment that supports and promotes healthy living practices to enhance the long-term outcomes of student learning.**
- **The primary purpose of Physical Education is to help students develop the skills, knowledge and attitudes necessary for participating confidently in many different forms of physical activity and maintaining a physically active lifestyle into and through adulthood. Physical Education provides opportunities for all students to become physically educated and enjoy moving by focusing on the development of fundamental movement skills, movement concepts and strategies, as well as, personal and social skills. *EECD K-5 Physical Education Curriculum p12***
- **The Canadian Medical Association report healthy eating and physical activity to be two of the most important behaviours to create or maintain optimum physical health.**

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<ul style="list-style-type: none">• The Pan-Canadian Joint Consortium for School Health (JCSH) defines mental health as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.• The fostering of a classroom environment that support resiliency is increasingly considered to be as important to child and youth development as academic achievement. Resilience is defined by JCSH as the ability to persist in the face of adversity and to thrive even when encountering challenges. <p><u>Compliance with this policy will be achieved when:</u></p> <ol style="list-style-type: none">1. All schools will adhere to the guidelines for instructional minutes for <i>You and Your World</i> (K-2), Personnel Wellness (3-5), Health Education (6-8) Personal Development and Career Planning (6-10), Physical Education (K-8), Health and Physical Education (9-10).2. All service providers within ASD-W will adhere to the expectations within Policy 7113. Information will be provided to parents and the community on living a healthy lifestyle4. School's foster environments that support students' resiliency.	

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Evidence:	
<p>All schools and teachers will deliver provincial curriculum and schedule classes, in accordance to the provincial guidelines for instructional minutes, for: <i>You and Your World (K-2), Personal Wellness (3-5), Health Education (6-8) Personal Development and Career Planning (6-10), Physical Education (K-8), Health and Physical Education (9-10)</i></p>	<ul style="list-style-type: none"> • Teacher timetables / schedules will be reviewed annually to monitor accordance of instructional minutes and compliance of delivery of curriculum • School report card data will be monitored to review the level of academic achievement with: <i>You and Your World (K-2), Personal Wellness (3-5), Health Education (6-8), Personal Development and Career Planning (6-10), Physical Education (K-8), Health and Physical Education (9-10).</i>
<p>Appendix A : Compliance of Delivery of Courses Appendix B: Report Card Achievement Results</p>	
<p>All service providers under contract within ASD-W will adhere to the expectations within Policy 711</p>	<ul style="list-style-type: none"> • All cafeteria menus will be reviewed annually by a nutritionist • All complaints will be tracked and investigated immediately, where necessary ongoing monitoring will be established •
<p>No complaints received from September 2017 to December 2017</p>	
<p>Information on healthy living is shared with parents and school communities</p>	<ul style="list-style-type: none"> • Information is shared on the Anglophone West School District website
<p>ASD-W website link to Healthy Learners information site http://web1.nbed.nb.ca/sites/ASD-W/HealthyLearners/Pages/default.aspx</p>	
<p>Foster school environments that support students' resiliency.</p>	<ul style="list-style-type: none"> • All schools will implement and monitor a Positive Learning and Working Environment Plan • District will implement and monitor a Positive Learning and Working Environment Plan • Monitor New Brunswick Health Council data on resiliency • All students have access to Child and Youth team members

Policy Name

Healthy Living

Wellness survey : Information on Resiliency

NEW BRUNSWICK STUDENT WELLNESS SURVEY – GRADES K-5 – 2016-2017

MENTAL FITNESS	ASD-W %	Province %
High mental fitness	23	24
Moderate mental fitness	63	63
Low mental fitness	14	13

AWARENESS OF WELLNESS INITIATIVES	ASD-W %	Province %
Parents aware of Canada's Food Guide	97	97
Parents aware of The Wellness Movement	62	59
Parents aware of the Healthier Food and Nutrition in Public Schools policy (Policy 711)	69	65

NEW BRUNSWICK STUDENT WELLNESS SURVEY – GRADES 6-12 – 2015-2016

Resilience	ASD-W %	Province %
Resilience score (Mean score, scale from 12 to 60 points)	48	49
Resilience (High and moderate level)	70	73

Compliance: I report compliance with this policy.

Superintendent's Signature: _____

DEC Chair Signature: _____

Date: _____

Compliance of Delivery of Courses

HEALTH AND PHYSICAL EDUCATION COURSES SCHEDULED IN SCHOOLS

Physical Education K	✓
You and Your World K	✓
Physical Education 1	✓
FI Physical Education 1	✓
You and Your World 1	✓
FI You and Your World 1	✓
Physical Education 2	✓
You and Your World 2	✓
Personal Wellness 3	✓
FI Per Wellness 3	✓
Physical Education 3	✓
FI Physical Education 3	✓
Personal Wellness 4	✓
FI Per Wellness 4	✓
Physical Education 4	✓
FI Physical Education 4	✓
Personal Wellness 5	✓
FI Per Wellness 5	✓
Physical Education 5	✓
FI Physical Education 5	✓
Health Education 6	✓
FI Health Education 6	✓
Pers. Dev. & Career Plan. 6	✓
FI Pers. Dev. & Career Plan. 6	✓
Physical Education 6	✓
FI Physical Education 6	✓
Health Education 7	✓
FI Health Education 7	✓
Pers. Dev. & Career Plan. 7	✓
FI Pers. Dev. & Career Plan. 7	✓
Physical Education 7	✓
FI Physical Education 7	✓
Health Education 8	✓
FI Health Education 8	✓
Pers. Dev. & Career Plan. 8	✓
FI Pers. Dev. & Career Plan. 8	✓
Physical Education 8	✓
FI Physical Education 8	✓

Scheduling Legend
✓ Scheduled in all schools

Total # of Schools Offering These Courses							
	Eng	FI	Total	Eng	FI	Total	
K	44	-	44	6	29	13	29
1	44	22	44	7	29	14	29
2	44	-	44	8	29	14	29
3	43	21	43				
4	43	19	43				
5	43	19	43				

Note: Where staff are available, some schools are able to offer Phys Ed and PDCP in French

ASD-W REPORT CARD DATA - K-8 - NOVEMBER 2017

Course	Gr	Approaching & Working Below (1&2)	Meeting (3,3+)	Excelling (4,4+)	Total # Students	Curriculum Strands
Physical Education	K	7%	93%	0%	4177	Movement Skills and Concepts; Movement Strategies and Tactics; Well-being
You and Your World	K	2%	97%	1%	3111	Healthy Lifestyles; Our Senses/My World; Place & Community; Students as Individuals
Physical Education	1	7%	92%	1%	4000	Movement Skills and Concepts; Movement Strategies and Tactics; Well-being
FI Physical Education	1	2%	98%	0%	492	
You and Your World	1	2%	96%	2%	2251	Community; Groups; Healthy Lifestyles; Our Environment
FI You and Your World	1	2%	98%	0%	608	Diversity & Social Responsibility, Well-being
Physical Education	2	5%	93%	1%	4671	Movement Skills and Concepts; Movement Strategies and Tactics; Well-being
You and Your World	2	1%	96%	3%	3478	Change; Growth & Development; Healthy Lifestyles; Technology & Community; Work
Personal Wellness	3	4%	92%	4%	2082	Career Development; Mental Fitness; Relationships; Wellness
FI Per Wellness	3	1%	99%	0%	727	
Physical Education	3	5%	93%	2%	4405	Movement Skills and Concepts; Movement Strategies and Tactics; Well-being
FI Physical Education	3	3%	95%	1%	432	
Personal Wellness	4	5%	93%	3%	2200	Career Development; Mental Fitness; Relationships; Wellness
FI Per Wellness	4	2%	97%	1%	1401	
Physical Education	4	5%	91%	4%	4382	Movement Skills and Concepts; Movement Strategies and Tactics; Well-being
FI Physical Education	4	1%	98%	1%	438	
Personal Wellness	5	4%	73%	23%	495	Career Development; Mental Fitness; Relationships; Wellness
FI Per Wellness	5	1%	93%	6%	1080	
Physical Education	5	4%	88%	8%	4244	Movement Skills and Concepts; Movement Strategies and Tactics; Well-being
FI Physical Education	5	1%	91%	8%	447	
Health Education	6	4%	93%	2%	1179	Growth & Development; Safety; Use, Misuse & Abuse; Wellness
FI Health Education	6	0%	74%	26%	203	
Personal Dev. & Career Plan.	6	1%	82%	17%	703	Career Exploration; Lifelong Learning; Personal Development
FI Pers. Dev. & Career Plan	6	0%	100%	0%	123	
Physical Education	6	5%	83%	12%	4732	Doing; Knowing; Valuing
FI Physical Education	6	0%	72%	28%	240	
Health Education	7	3%	79%	18%	1249	Growth & Development; Safety; Use, Misuse & Abuse; Wellness
FI Health Education	7	0%	61%	39%	89	Safety; Wellness
Personal Dev. & Career Plan.	7	3%	86%	11%	883	Career Exploration; Lifelong Learning; Personal Development
FI Pers. Dev. & Career Plan	7	0%	100%	0%	14	Personal Development
Physical Education	7	8%	75%	17%	4954	Doing; Knowing; Valuing
FI Physical Education	7	0%	81%	19%	160	
Health Education	8	11%	79%	10%	1254	Growth & Development; Safety; Use, Misuse & Abuse; Wellness
FI Health Education	8	0%	85%	15%	227	Safety; Wellness
Personal Dev. & Career Plan.	8	7%	79%	14%	901	Career Exploration; Lifelong Learning; Personal Development
FI Pers. Dev. & Career Plan	8	0%	100%	0%	9	Personal Development
Physical Education	8	7%	71%	21%	4910	Doing; Knowing; Valuing
FI Physical Education	8	1%	79%	20%	135	

Report Card Key K-8 - Scale

Excelling (4, 4+)	Student learning and work show strong and/or excellent achievement.
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Meeting (3, 3+)	Student learning and work shows appropriate and/or proficient achievement
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Approaching (2)	Student learning and work show a combination of appropriate and below appropriate achievement.
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Working Below (1)	Student learning and work show below appropriate achievement.
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ASD-W REPORT CARD DATA - 9-12 - NOVEMBER 2017

Course	Grade	<60	61-75	76-100	Total
Health & Phys Ed (45h)	9	8%	0%	92%	63
Health & Phys Ed (90h)	9	2%	12%	86%	759
Fl Hlth & PE (45h)	9	0%	8%	92%	13
Fl Hlth & PE (90h)	9	0%	14%	86%	69
Personal Dev. & Career Planning	9	11%	15%	74%	111
Health & Phys Ed (45h)	10	6%	31%	63%	16
Health & Phys Ed (90h)	10	5%	10%	86%	476
Fl Hlth & PE (90h)	10	0%	9%	91%	33
Per Dev & Crr Pln	10	11%	13%	77%	716
Electives					
Electives	Grade	<60	61-75	76-100	Total
Nutrition Healthy Living • 13 schools	120	10%	25%	65%	223
Outdoor Pursuits / Education • 10 schools	110	6%	18%	75%	285
PE Leadership • 10 schools	120	5%	6%	89%	186
Wellness Phys Ed • 10 schools	110	8%	15%	77%	296