

**Lord Byng Elementary Health
Promotion Statement**

Background Information- This Lord Byng health promotion statement celebrates the healthy living practices already in place within our school community. It also reflects the initial dialogue between parents, students and staff in regards to promoting and supporting healthy behaviour at Byng. This is a five year plan that will continue to evolve as we work towards promoting healthy living in our school community.

Health Promotion Statement

Together at Byng - We care for ourselves, each other and the world in which we live. We celebrate our physical, mental and emotional growth. We will work collaboratively to create opportunities for children and the Lord Byng school community to learn about and develop skills and attitudes that will allow them to make healthy lifestyle choices. We will create a supportive and cohesive environment that will help connect home, school and the community in order to provide a foundation for life-long healthy living.

Physical Health:

Goals –

- To continue to use existing physical health practices (e.g. track, basketball, Jump Rope for Heart etc.) to provide a variety of opportunities for students to participate in regular physical activity
- To increase awareness in our Byng learning community by explicitly promoting the benefits of daily physical activity
- To provide a variety of opportunities in our Byng learning community for students, staff and parents to participate in regular daily exercise

Practices In Place	Physical Health Action Plan
<ul style="list-style-type: none"> • Terry Fox Run • Jump Rope for Heart • Team Sports • Track and Field stations • Running around the track during the day • Walk to school days • Physical education classes (Tennis) • Skate Night • Action Schools BC Kits in classrooms • Running club for students, staff and parents • Sports Day • Promoting out days 	<ul style="list-style-type: none"> • Continued involvement of students and staff in the year round promotion of physical health through assemblies, school teams, student council, etc. • Healthy Living Committee Continue with extra-curricular opportunities for student of all ages (indoor and outdoor intramural program, running club, track and field, school sports teams, classroom equipment, etc. • Continue to participate in programs like Jump Rope For Heart, Tery Fox Run • Increase the daily use of the Action

<ul style="list-style-type: none"> • Classroom equipment available for students to sign out • Playground improvements (track, hockey court, soccer posts) • Lunchtime intramurals (soccer training, hockey days for primary and intermediate, volleyball) • Swimming program & Get Wet • Outdoor Education Program 	<p>Schools Program</p> <ul style="list-style-type: none"> • begin the 07-08 school year with a healthy Living theme, eg. Drop Everything and Move • Involve PAC and parent community in implementing and promoting physical health and school and home (walking school bus, soccer at lunch, open gym in the evenings, family events, etc.)
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Healthy Eating

Goals

- To create a supportive environment that encourages and provides opportunities for students and their families to adopt healthy eating patterns
- To increase awareness for the physical and emotional benefits of eating a healthy, well balanced diet
- To provide opportunities for students to become actively involved in promoting and practicing healthy eating with in our school community

Practices In Place	Healthy Eating Action Plan
<ul style="list-style-type: none"> • Vending Machines with water and juice choices • Healthy eating curriculum, eg. Heart Smart • Classroom parties that promote healthier choices • Water bottles in the classroom • E-Unit promoting less processed foods by encouraging garbage free lunches • Save-On lady teaching how to make healthy pizzas • PAC sponsored dietician workshop for parents 	<ul style="list-style-type: none"> • Increase involvement of students and staff in the promotion of healthy eating through assemblies, school teams, student council initiatives, classroom programs like Heart Smart, monthly health theme, etc. • Begin to understand and implement the prescribed learning outcomes in the Health and Career IRP • Increase the amount of fruit and vegetables that children bring in their lunches (nutrition week and charting eating habits, etc.) • Promote healthy foods, drinks and snacks for classroom parties • Promote the importance and benefits of having breakfast and healthy recess snacks • Increase communication with parents through newsletters, guides and pamphlets (eg., sending home healthy eating guide for parents, new Canada Food Guide, etc.) • encourage involvement of PAC in promoting healthy eating (eg., workshops, PAC newsletter tips, hot lunch program, etc.)

Social/Emotional Development

Goals

- To continue to provide a variety of opportunities for students and their families to develop their social/emotional well being
- To continue to use existing school structures (e.g., “Byngo Slips” and matrix) to support social responsibility and emotional development (e.g. D.A.R.E)
- To continue to provide a safe, positive environment where students are encouraged to be socially responsible

Practices in Place	Social/Emotional Health Action Plan
<ul style="list-style-type: none"> • CARE Kit, Friends for Life, DARE, Chimo lessons, Roots of Empathy • Noon hour activities (crafts, bingo) • Purple ‘Byngo’ slips to promote and reinforce social responsibility • Student leadership opportunities (eg., student council, E-Unit) • chess and Friendship clubs • support from Area Counsellor and Elementary Counselling Support Worker • Staff, student generated social responsibility matrix • Intermediate leadership program • PAC directory to encourage social interaction • parent workshops (eg., Saleema Noon) • Community gatherings (Meet the Teacher, Winter Skating Party, Spring Fling) • Assemblies organized and un by student committee • Big Buddies and buddy reading programs • Weekly Byngo Slip Winners • Creation of school mascot and team name • Daily virtue announcements read to students and staff by student volunteers • Music Monday participation • School Team activities • Primary theme activities 	<ul style="list-style-type: none"> • Continue to promote social responsibility through the use of school matrix and Byngo Slip program • Continue with student council daily virtue announcements • Continue to support programs such as DARE, CARE Kit, Friends for Life, Chimo, Roots of Empathy, etc. • Continue to foster student leadership skills through student council, E Unit, School Teams, Assembly Committee, hockey referees, Outdoor Education, etc. • Continue to collaborate with PAC in the promotion of social/emotional health (eg., organizing parent education programs and workshops like Saleema Noon and continuing social opportunities like Spring Fling, etc.)