



ROLLING RIVER SCHOOL DIVISION

Healthy Living

Defining Healthy Living seems to be easy, as it means being alive in good physical, mental, and emotional condition. This straight forward definition is simple but when we, as humans, try to live this way it can be challenging and complicated. However, as a School Division, we view this as a priority because when our students, our employees, our homes, our workplace, and our communities are not healthy it is difficult to survive in society.

First and foremost, we must provide a safe and caring environment for all students. This means more than just a safe place from intruders; it means an environment that is free from bullying, teasing, and harassment. But it is not enough that students are physically safe, they must also feel mentally and emotionally safe so that the environment they are in can be focused on learning. In this healthy learning environment our students will be able to take risks in their learning. Our schools and classrooms will be places where students will learn that being wrong is not the end, but rather a beginning point from which to learn and grow.

As a Division we recognize that early childhood education has an extremely important role to play in a child's success in education and living a healthy life. Skills and habits learned at an early age are more likely to continue to play a significant role in a child's life as they get older. Therefore it is imperative that as a division we are involved with early childhood education in a variety of forms meeting the diverse needs of our pre-school learners in our communities.

Healthy living requires exercise, good nutrition and a lifestyle that is wholesome. As a Division we have school nutrition policies, safe bus transportation, courses and programs, behaviour codes, extra-curricular and school clubs addressing aspects of healthy living. There are situations when this is not enough and where a healthy lifestyle is compromised for a student. As a Division we strive to support them in a variety of ways, with breakfast and snack programs, outside agencies, counselling and social work services, and working directly with parents.

It is also important that we look after each other as colleagues in the work place. But it should not end there; we must also consider how we look after and treat each other as employer and employee. How the Board sets policy has a significant impact on students and employees as does the attitude of each individual associated with the Division. It is important we remember that as adults we are role models for our children and that our actions and attitudes affect our students, who will become the citizens, whom we expect to, enrich our world.