

## Comprehensive School Health at Whispering Hills Primary School

Healthy school communities support students in reaching their full potential as learners and as healthy, productive members of society. Achieving a healthy school community is done by intentionally prioritizing wellness across a multitude of dimensions for both staff and students. The three pillars of wellness at WHPS are:

- **Nutritional Health**
- **Physical Health**
- **Mental Health**

**Nutritional Health: food served at WHPS is chosen from [Canada's Food Guide](#), except on certain occasions throughout the year**

- Breakfast program, with many different food options, can be accessed throughout the day. Milk is provided daily to all students.
- Several school wide meals prepared throughout the year - local restaurants and partnering with Edwin Parr Composite School
- Bulletin boards highlighting healthy living and other wellness aspects: Panda Leadership Team
- WHPS is an [Apple School](#)

**Physical Health and Active Living:**

- Daily Physical Education
- Sledding Hill in winter
- Partnership with FLIPS Athabasca gymnastics centre
- Swimming lessons for Grade 1, 2, and 3
- Grade 3 downhill ski trip
- Panda Pals Play day
- Terry Fox walk
- Jump for the Heart
- Outdoor Indigenous classroom
- Sandbox play area
- Yoga sessions
- Run Club in the spring
- Classroom equipment bins
- Fun Fit Club at noon recess (winter months)

**Mental Health: Social/Emotional Wellness Programs/Opportunities**

- We use the Zones of Regulation at WHPS
- We use the Bucket Filling program at WHPS

- Grade 3 community mentorship program
- Staff take part in regular SIVA training
- Academic supports such as literacy and numeracy intervention
- Transition visits twice throughout the year to support the grade 3 student transition to grade 4
- School theme days, promote an engaging and welcoming environment: Panda leadership team
- Multi-sensory room- room where students can go participate in various sensory type activities and find what helps them self-regulate
- Pen pal programming with Athabasca Auxiliary (grade 2)
- Family Lunches
- WHPS Welcome Fair
- Staggered Kindergarten start and scheduled “Get To Know You Visits”
- ECS open house
- Involving Whispering Hills DayCare with school programming
- Kindergarten tea
- Grade 3 farewell
- Provide supports to the community such as collect food for the Athabasca Food Bank
- Monthly assemblies; highlight Bucket Filling, song singing and Panda Teams
- Clubs: run club, robotics, Panda teams, choir club, gr. 3 basketball
- Partnership with EPC

#### **Staff Wellness Initiatives**

- The WHPS wellness committee meets plans staff wellness activities
- Professional learning days start with a wellness component
- Mentoring of new staff
- Mentorship of leadership

- *Academic:* reading/numeracy intervention, robotics, book fairs
- *Physical Education opportunity:* cross country running, snowshoeing, cheerleading, sledding hill, cross country skiing downhill skiing, gymnastics, swimming, WHPS Panda Play Day, Yoga, Panda Run Club, gr. 3 basketball
- *Fine Arts:* song singing at assemblies, Christmas concert, Fine Arts performances, O Canada and choir leadership team
- *Mental Health:* Zones of Regulation, Bucket Filling, Multi-sensory room, (FCSS) Family Community Support Services, School Counsellor, Grade 3 transition visits to LTIS, Grade 3 Mentorship Program
- *Social:* Panda Leadership Teams,, choir, robotics, buddy classes, EPC partnership