



### **Madonna Catholic School's Healthy School Vision Statement**

The Madonna Catholic School community strives to create a healthy school environment where all members make healthy, educated, choices and are encouraged to live a healthy, active lifestyle for body, mind, and spirit.

To fulfill our vision, we at Madonna Catholic School are committed to these components of Comprehensive School Health (CSH):

- Healthy Eating
- Active Living
- Positive Social Environment

#### **Healthy Eating:**

Food items sold and served for fundraising activities, events, school snack programs, hot lunch programs, and celebrations should be chosen, whenever possible, from the Choose Most Often category from the Alberta Nutrition Guidelines for Children and Youth.

#### **Active Living:**

Members of the Madonna Catholic School community will offer a variety of physical activity opportunities for students and will aim to follow the Daily Physical Activity (DPA) requirements and ABCD's of Physical Education as set out by Alberta Learning.

#### **Positive School Environment:**

The staff at Madonna Catholic School will incorporate Health and Wellness whenever possible throughout the day, based on the provincially mandated curriculum, through announcements, displays and by providing safe, healthy activity areas. Wherever possible, community personnel, parents, and other guests will assist in the delivery of the curriculum by organizing presentations to students, staff, and parents.