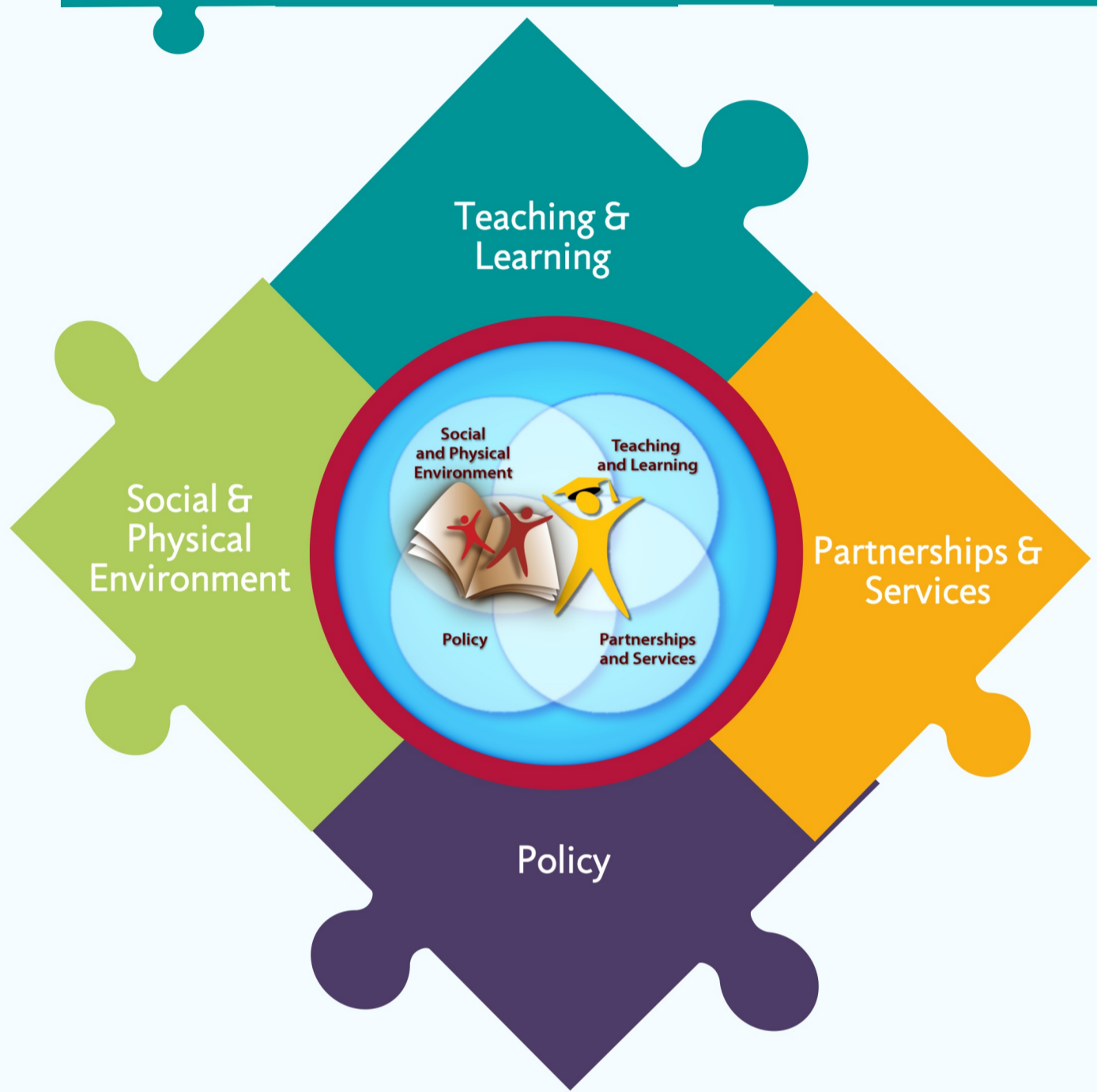


# COMPREHENSIVE SCHOOL HEALTH

Comprehensive School Health is an internationally recognized approach to supporting improvements in students' educational outcomes while addressing school health in a planned, integrated and holistic way - Joint Consortium for School Health (JCSH)

Comprehensive School Health is the framework for the delivery of quality health and physical education programs to promote and develop wellness in Alberta's children and youth.

Wellness is an outcome of quality health and physical education programs that develop the knowledge, skills and attitudes to assist students to make appropriate choices to live active, healthy lives.



'This whole-school model builds capacity to incorporate well-being as an essential aspect of student achievement. Actions address four distinct but inter-related components that comprise a comprehensive school health approach' - JCSH

The more synergy between each of these components results in a greater student success.

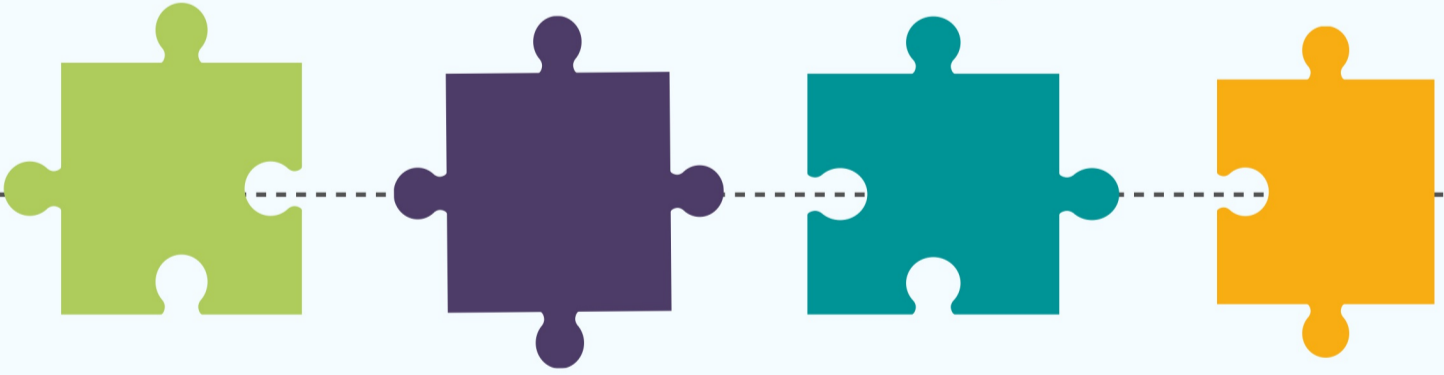
## Components

Social & Physical Environment

Policy

Teaching & Learning

Partnerships & Services



'Comprehensive School Health addresses four distinct but inter-related components. Addressing all four component creates a greater impact on student health and well-being.' - Alberta Education

## Essential Ideas

### Comprehensive School Health

- Recognizes that healthy students learn better and achieve more
- Understands that schools can directly influence students' health and behaviours
- Encourages healthy lifestyle choices, and promotes students' health and well-being
- Incorporates health into all aspects of school and learning
- Links health and education issues and systems
- Needs the participation and support of families and the community at large

References:  
 \*Joint Consortium for School Health  
 \*Alberta Education  
 \*Health & Physical Education Council



Supporting Healthy School Communities in Alberta

