

DATE: January 20, 2015

TO: Board of Trustees

FROM: Darrel Robertson, Superintendent of Schools

SUBJECT: Holistic Health (H2O) 15-25-35 Locally Developed Course Series

ORIGINATOR: Mary Michailides, Assistant Superintendent, Support for Schools

RESOURCE STAFF: Janice Aubry, Diane Brunton, Stacy Fysh, Kim Hertlein, Bill Howe

REFERENCE: [Alberta Education - Guide to Education](#)

ISSUE

Alberta Education requires that all locally developed courses be approved by the Board of Trustees prior to implementation.

RECOMMENDATION

That the Holistic Health (H2O) 15-25-35 locally developed course series be approved for use in Edmonton Public Schools until August 2018.

BACKGROUND

Locally developed courses (LDCs) are developed or acquired and authorized by school authorities to provide students with learning opportunities that complement provincial programs of study. LDCs provide unique opportunities for students to explore a range of interests in subject areas or extend the learning outcomes in provincial programs. These courses accommodate special interests and abilities of students and address local, community or parental interests. Alberta Education supports the local development and authorization of junior high school and senior high school complementary courses which do not duplicate provincially authorized courses. These courses serve to further develop and cultivate the unique interests and abilities of students, foster educational improvement and excellence through innovation at the local level and meet the unique needs of a local community.

Locally developed courses and resources are approved and/or renewed on a four year cycle by the developing board. In the case of high school courses, the courses also must be approved and/or renewed by Alberta Education. The process is governed by Alberta Education policies.

The Holistic Health (H2O) 15-25-35 course series is a new course series that was developed in collaboration with staff members of Ross Sheppard School. It is intended to support further development of the physical, social, emotional, intellectual and spiritual aspects of students. It is designed to provide techniques, skills and strategies for students to promote holistic wellness, such as mindfulness and contemplative practices. The fundamental principles upon which this curriculum is based are: holistic health and wholeness; balance; mindfulness; kind, compassionate living; interconnectedness; and journey of life.

This curriculum is designed to foster productive citizens who practice healthy ways of living and who have the confidence to take risks and overcome obstacles they encounter. Holistic Health

(H2O) 15-25-35 incorporates the concept of the individual as an integrated system rather than one or more separate parts. The concept of interconnectedness or connection beyond the self is also central to this curriculum.

RELATED FACTS

- Locally developed courses are submitted to Alberta Education and the Board of Trustees for approval for a maximum of four years.
- Alberta Education has approved this locally developed course series.
- Ross Sheppard School is prepared to deliver Holistic Health (H2O) 15 in semester two of the 2014-2015 school year.
- The Holistic Health (H2O) 15-25-35 locally developed course series has been provided to the Board of Trustees under separate cover.

CONSIDERATIONS & ANALYSIS

The Holistic Health (H2O) 15-25-35 locally developed course series supports the District Strategic Plan:

- District Priority 1: “Foster growth and success for every student by supporting their journey from early learning through high school completion and beyond.”
- District Priority 2, Goal One: “A focus on well-being and student citizenship.”

This new locally developed course series provides students the opportunity to focus more deeply on developing lifelong strategies and practices to develop and maintain their overall well-being through a holistic approach. This curriculum currently meets provincial requirements for a locally developed curriculum.

NEXT STEPS

Upon approval of this recommendation, the Administration will make this course series available for district use in semester two of the 2014-2015 school year.

ATTACHMENTS & APPENDICES

N/A

MM:db