

Kainai Board of Education

WELLNESS POLICY

OUR CHILDREN ARE OUR FUTURE

The Kainai Board of Education (KBE) aims to give students and staff tools they need to be lifelong learners, promote wellness in their own families, and live healthy, disease-free lives. This policy is rooted in Kainayssini and our belief in promoting the rights, powers and welfare of our Nation, while acknowledging the ethical space where such beliefs meet Western worldview. We create this policy knowing that our community lives with the effects of intergenerational trauma, but also that our culture, traditions and land give us the strength and knowledge needed to thrive. The board directs that wellness be embedded in the culture, curriculum and extracurricular programming of all schools. The four aspects of the Traditional Wheel guide our approach to wellness.

SPIRITUAL WELL-BEING

"To maintain ourselves under the guidance of our Creator." – Kainayssini

- **Resilience** – KBE commits to fostering resilient young people by helping them to experience mastery, independence, belonging and generosity through sports, arts and cultural activities.
- **Language and Culture** – Blackfoot language is taught in all grade levels, spoken as often as possible in class and during the regular ceremonies held at the school, and a Kainai Studies Director supports language development at all schools.
- **Learning from Place** – KBE offers meaningful education experiences on the land through curriculum, traditional teachings, physical activity and sport, and extracurricular programming.

MENTAL WELL-BEING

"To initiate a sense of responsibility to our people and nation." – Kainayssini

- **Mental Health** – KBE ensures that teachers and staff have access to education and professional development related to self-care, mental health awareness, intervention and stigma, and stress management. KBE also maintains partnerships with Elders and traditional healers as well as Western service providers, to assist staff, students and families to access help they need.
- **Addiction Prevention** – Age-appropriate drug and alcohol education and awareness training is mandatory in all schools and diverse support networks are available for students and staff affected by addiction.

EMOTIONAL WELL-BEING

"To allow for freedom of expression and diversity." – Kainayssini

- **Sense of Belonging** – KBE provides a welcoming, respectful, safe and caring environment for all students, parents, and staff, and upholds learning and working environments that are free from bullying, harassment, discrimination and violence.
- **Healthy Balanced Relationships** – Healthy social interactions are modelled and practiced at all KBE schools, opportunities are provided for parents and community members to be engaged in schools, and mentorship opportunities are available to promote leadership in our youth.

PHYSICAL WELL-BEING

"To continue to seek better means of survival." – Kainayssini

- **Nutrition** – KBE will provide healthy foods and beverages in all nutrition programs, events, and canteens, and will support both teacher and student learning about Blackfoot traditional foods and healthy Western foods.
- **Physical Activity** – KBE will offer daily physical activity programming and education that includes Blackfoot traditional games, and foster environments that promote Physical Literacy.

The Kainai Board of Education Wellness Handbook (Appendix A) shall guide implementation of this policy, and implementation will be monitored through administrator reports monthly, at the administrator's meetings.

