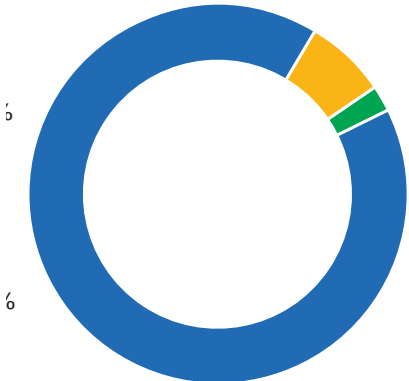
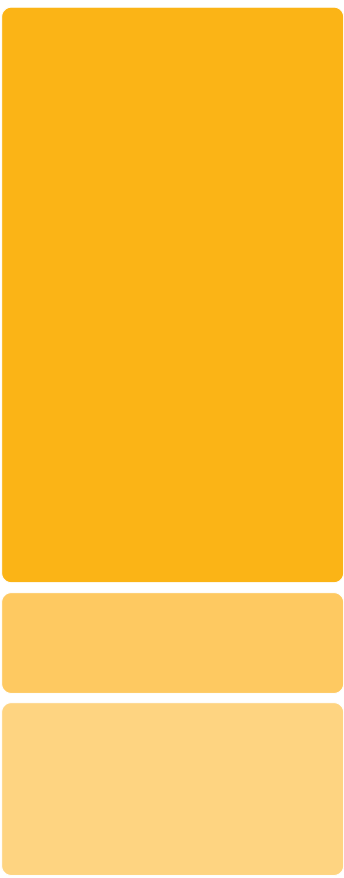
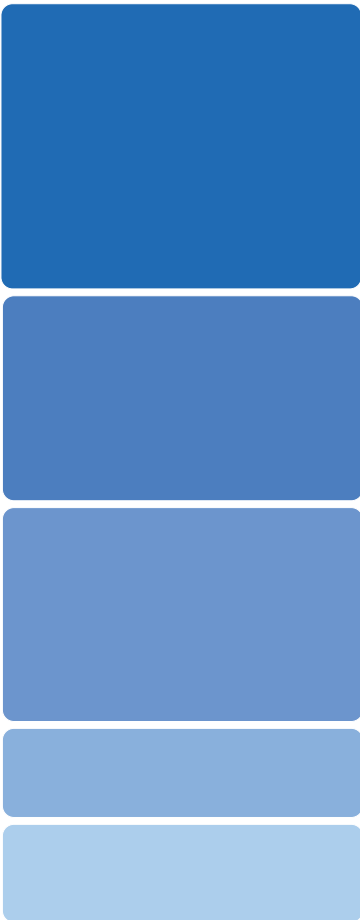
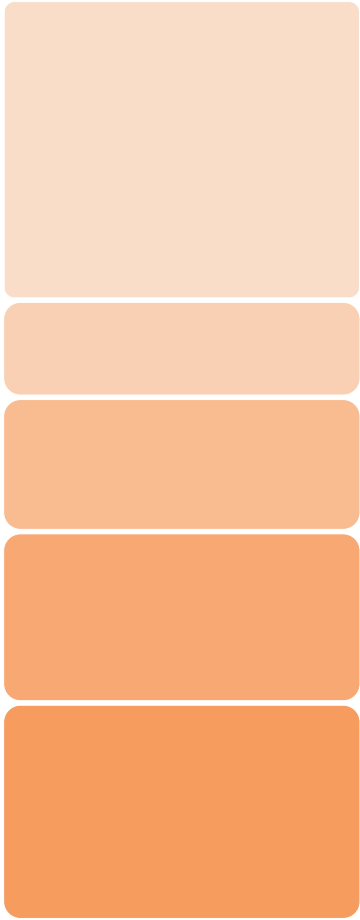
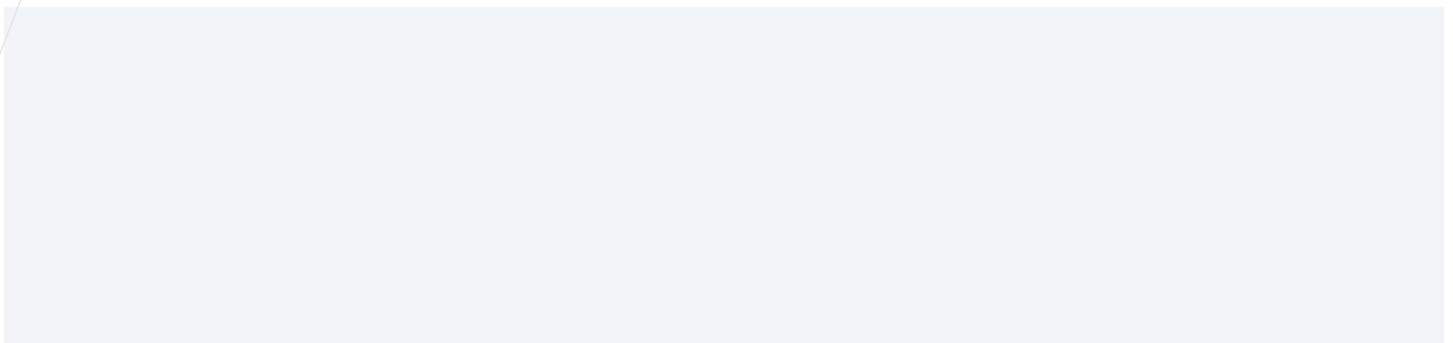
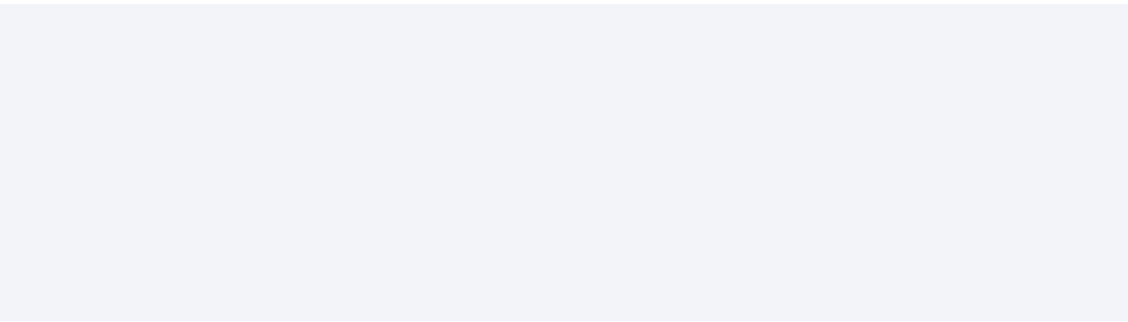


Who Our Students Are



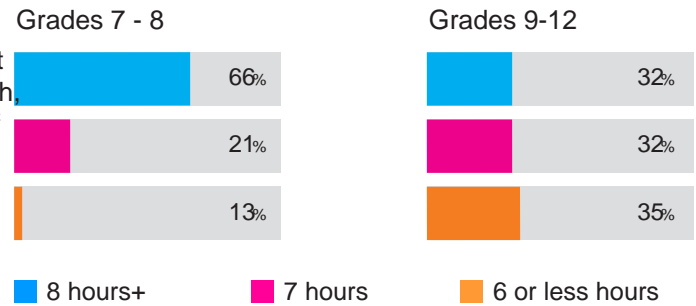


Students' Physical Health

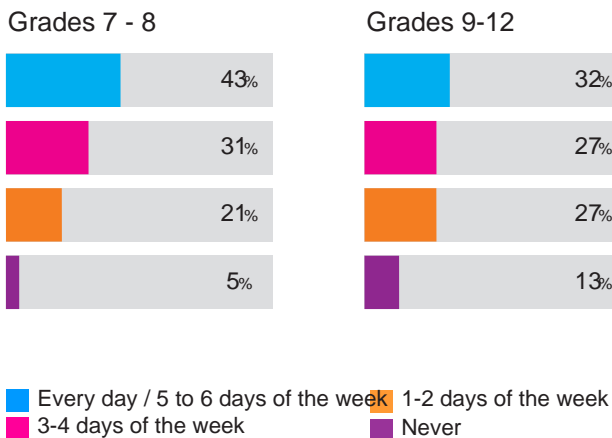
When students have enough sleep, participate in physical activity and eat a balanced diet, they come to school better able to learn and participate. The health and well-being of our students plays a big role in their self-esteem, motivation, confidence and readiness to learn. As part of the 2017 Student Census, the TDSB asked students about their physical health, sleeping habits, screen time and more to gain a better picture of their overall health habits.

This data is just one piece of information we use to help inform decisions and respond directly to the voices of students and support their achievement and well-being.

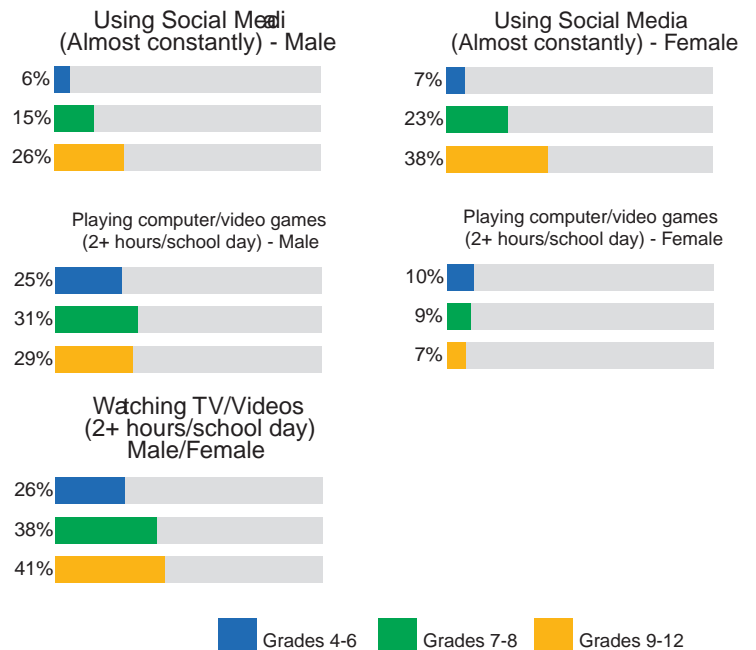
Hours of Sleep on School Days



Physical Activity (for at least one hour)

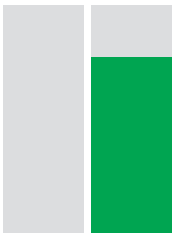
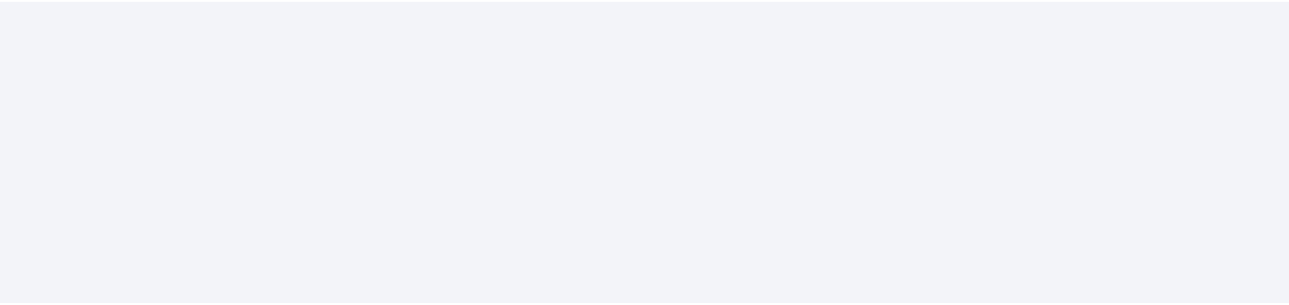


Screen Time Activities



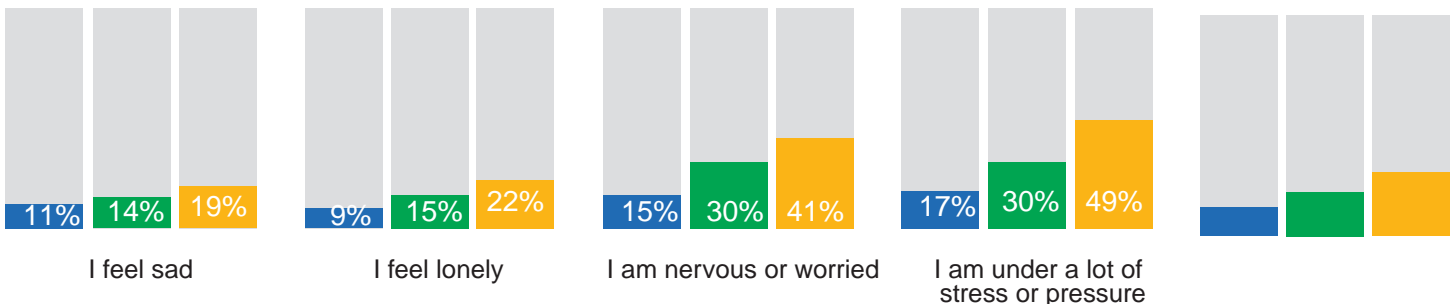
Moving Forward

- Enhance student health literacy and awareness through the promotion of daily physical activity, (including Board-wide walk and bike to school days), curricular connections, credit course offerings in Health and Physical Education and extra-curricular activities such as sport teams
- Enhance outdoor learning and play environments in school yards
- Develop a school improvement well-being goal annually that reflects each schools' own data trends
- Promote TDSB Outdoor Education program opportunities for schools

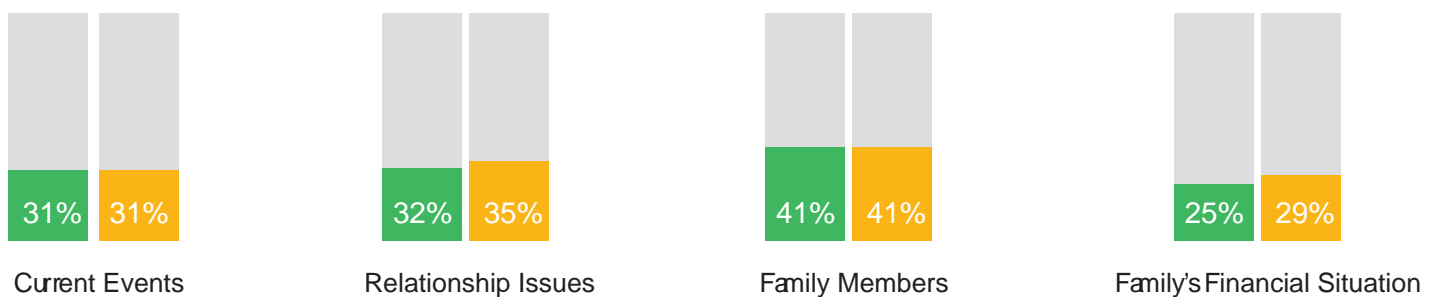


Students' Emotional Well-Being

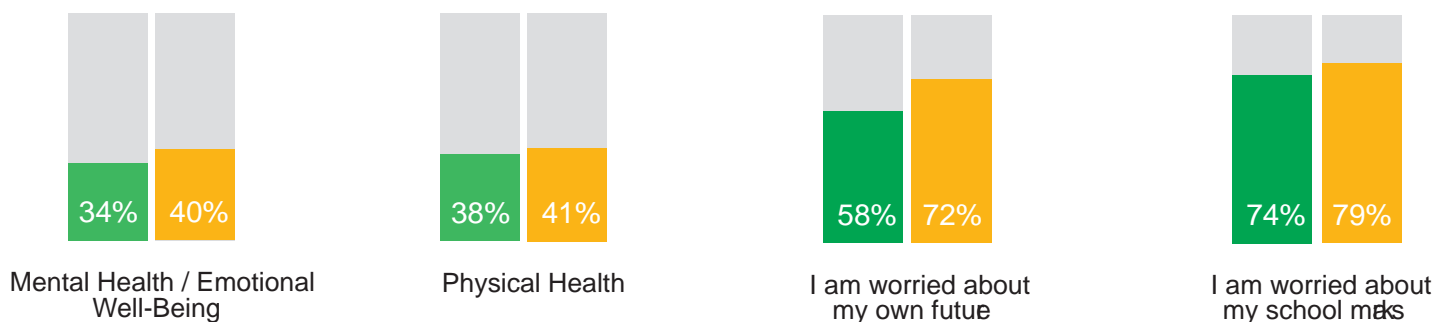
Negative Emotions (All the time/Often)



Worries Related to Others



Worries Related to Self



Grades 4-6 Grades 7-8 Grades 9-12

Moving Forward

- Enhance the overall school learning environment to ensure students feel that their identities are represented in classroom resources and in all aspects of school activities
- Develop school-specific well-being goals that reflect and resonate with the schools' diverse community. Focus on strengthening relationships between students and school adults, striving to ensure that all students have a caring adult to turn to.
- Align specialized mental health and well-being staff and resources closer to schools in support of students
- Partner with local health organizations to develop actions to enhance students' resilience, coping and help-seeking skills