

TAV COLLEGE

COLLÈGE TAV

Policy Number 07
HEALTHY LIFESTYLE PRACTICES¹

Adopted in January, 2013
BG-13-001-050

¹ The original French version adopted by the Board of Governors has precedence over this translation.

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FOREWORD

The framework provided by the Ministry of Education for a healthy lifestyle practices cites numerous studies showing the positive impact of lifestyle on academic achievement. Indeed, mental health, promoting the ability of learning is in part dependent on health and physical well-being. Including a balanced diet and physical activity improves concentration and reduces stress, predisposing the individual to better learning. Considering that a healthy lifestyle can significantly contribute to the full development of the person, this policy reflects the mission of TAV College, that is helping students realize their full potential, both on the pedagogical and personal levels. Furthermore, the social environment can influence individual behavior and, as the college is a place where students and staff spend much of their active hours, it should sensitize them to the importance of a healthy lifestyle, or at least allow them to maintain the good habits they already have. For these reasons, the College is committed to enforcing this policy, to take the necessary steps to ensure the establishment of an environment conducive to the development and maintenance of a healthy lifestyle as an institution dedicated to learning.

Article 1 – CONSIDERATIONS LEADING TO THE ADOPTION OF A POLICY RELATING TO HEALTHY LIFESTYLE PRACTICES AT TAV COLLEGE

- The health of students and employees concerns the College;
- The adoption of a healthy lifestyle, in particular the practice of regular physical activity and a healthy diet is an important factor for good health and well-being;
- The Ministry of Education framework for healthy habits and a physically active lifestyle cites numerous studies that demonstrate the positive impact of lifestyle on academic achievement;
- The development of a healthy lifestyle contributes to wider educational success by developing the autonomy and sense of responsibility of students;
- Improved health may include other aspects of student development: extracurricular commitment and concern for their personal well-being;
- Personal lifestyle habits are influenced by personal choices, but they are also influenced by factors related to physical, social, and economic environment;
- Students and staff spend most of their active hours at the College;
- The school environment provides opportunities to influence lifestyles;
- The College can play an effective role in improving both the eating habits and physical activity practices of its students and staff.

Article 2 – GENERAL GOAL

- Promote and establish the conditions for the development of an environment conducive to the acquisition and maintenance of healthy lifestyles;
- Define the orientations of the College for healthy lifestyles;

- Define the responsibilities of managers and stakeholders in the application of this policy.

Article 3 - ORIENTATION WITH RESPECT TO PHYSICAL AND PSYCHOLOGICAL WELL-BEING

- Promote a variety of healthy lifestyles making healthy choices durable, user-friendly and easy;
- Consider the physical, social and economic environment of individuals to clearly identify problems;
- Promote the acquisition of knowledge and skills related to healthy lifestyles;
- Promote the development and personal affirmation of students and staff as well as the development of a healthy and balanced lifestyle;
- Encourage individual commitment in society and in the college environment;
- Develop activities that promote self-sufficiency with regard to dieting and activities related to popular education and to the development of culinary skills;
- Orient actions toward preventive measures as well as promotional activities for healthy dieting, physical activity and mental balance.

Article 4 - ORIENTATION WITH RESPECT TO AWARENESS, PROMOTION AND COMMUNICATION

- Implement various awareness and promotion activities in connection with a healthy diet and a physically active lifestyle;
- Strengthen outreach, promotion and awareness activities with respect to healthy eating, cooking classes, workshops on healthy choices, community kitchen workshops, lectures on hygiene and food safety;
- Develop promotional activities encouraging physical activity (ex: insist on the benefits of walking and using a bicycle for transportation, using the stairs instead of the elevator, hold a theme week on physical activity, etc.);
- Develop promotional tools for sedentary persons;
- Further promote the offer of services in the field of physical activity.

Article 5 – ORIENTATION WITH RESPECT TO EATING

- Implement measures to promote the sale and consumption of foods recognized by the government agencies as contributing to the maintenance of good health and well-being;
- Support training, promotion and information that encourage the consumption of nutritious foods and the adoption of healthy eating habits;
- Apply promotional strategies making healthy choices easier, such as financial incentives, display systems and signage, etc.;
- Provide, whenever possible, meal periods with durations that allow students and staff to eat at a reasonable time, eat well and socialize;

- Provide users with clean and safe lunch rooms.

Article 6 – ORIENTATION WITH RESPECT TO PHYSICAL ACTIVITY

- Provide physical activities that reflect the diverse interests and abilities of users;
- Provide good conditions for physical activity (frequency, duration, intensity, cycles) optimizing health benefits and minimizing the risk of injury;
- Encourage participation in physical activities;
- Encourage active commuting for users;
- Support training, promotion and information;
- Encourage regular physical activity.

Article 7 - ROLES AND RESPONSIBILITIES

The Board of Governors

- Adopts this policy and ensures its gradual implementation, taking into account the financial framework needed and the proper application of the policy.

The Dean of Studies

- Oversees the implementation of this policy;
- Sees to the translation of the policy into English;
- Disseminates and promotes the policy;
- Manages the activities of the Monitoring Committee;
- Ensures the implementation of advocacy, education and promotion of healthy lifestyles among the student population;
- Oversees the evaluation of the appropriate application of the policy.

The Monitoring Committee

The committee is composed of a college staff member, a TAV college teacher and two TAV college students. In this regard, the committee:

- Takes part in the implementation of this policy;
- Monitors the application of the policy under the supervision of the Dean of Studies;
- In its advisory function, it proposes amendments to improve the policy;
- Recommends to the Dean of Studies the activities that can be carried out during the school year;
- Supports the implementation of the activities;
- Provides support to volunteers.

Article 8 – FINAL DISPOSITIONS

- The foreword is an integral part of the policy on healthy lifestyle practices;
- The Dean of Studies is responsible for the implementation of this policy;
- The policy is effective upon its adoption by the Board of Governors;
- The policy is disseminated to all students and employees of the college;
- The policy may be revised as necessary;
- The proper application of the policy can be evaluated as needed.

Article 9 – ADOPTION

- This policy was adopted by the Board of Governors of the College on January 22, 2013.