



**BOARD OF EDUCATION**  
**School District No. 57**  
2100 Ferry Avenue  
Prince George, B.C. V2L 4R5  
(250) 561-6800

# POLICY 4130

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## HEALTH AND WELLNESS

APPROVED: 1991.06.11

REVISED: 1999.01.26

### ***POLICY***

Employee health and wellness shall be encouraged and supported.

### ***DEFINITIONS:***

“Health and wellness” may be defined as attitudes, activities, actions and programs designed to raise awareness within the individual of the benefits of nutrition, exercise and recreational/leisure-time pursuits in achieving physiological and psychological well-being and an improved quality of life.

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Responsibility Centre: Director of Human Resources  
References: *School Act*, Section 85

HEALTH AND WELLNESS

***PREAMBLE***

It is important that the Board state its philosophy on employee health and wellness.

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Approved: 1999.01.26

