



K–12 Wellness Education

Q: Why did Alberta Education develop the [Framework for Kindergarten to Grade 12 Wellness Education](#)?

A: Quality curricula and programming related to wellness have been shown to improve academic performance and mental well-being and to reduce the risk of obesity and cardiovascular disease.

Results from the Alberta Commission on Learning, a comprehensive literature review and stakeholder consultations indicated a need for changes to current programming and recommended a wellness program for all students from Kindergarten to Grade 12.

The *Framework for Kindergarten to Grade 12 Wellness Education* responds to the growing concern for the health of children and youth in today’s society and outlines the significant role that curriculum can play in improving student learning and health outcomes.

Q: What are the key components of the Framework?

A: The Framework outlines the fundamental concepts and inherent values of wellness education and provides guidance for the future development and implementation of K–12 wellness education programs of study in Alberta to meet the needs of Alberta students living and learning in the 21st century.

Wellness education nurtures the whole child and enhances students’ capacity for achieving their full potential—intellectually, physically, socially, spiritually and emotionally.

Wellness education in Alberta includes three key components:

- Health and physical education programs of study
- Wellness dimensions integrated across subject areas
- Wellness-related courses from other areas

Q: How was the Framework developed?

A: A comprehensive literature review and stakeholder consultations completed in 2007/2008 indicated a need for a moderate to significant level of change to the K–12 Physical Education, Career and Life Management (CALM), and K–9 Health and Life Skills programs of study.

In 2008/2009, further discussion and input from stakeholders took place regarding the direction for wellness education in Alberta.

The Framework was released in October 2009.

Q: How will the outcomes in the current CALM and Physical Education programs of study be addressed in future high school programming?

A: During the review, it was determined that the concepts from the current CALM Personal Choices general outcome and the four general outcomes of Physical Education would be combined into a new Health and Physical Education (HPE) 10–20–30 program of studies.

The remaining career and resource concepts from CALM, including career education, financial literacy, community engagement and volunteerism, will be part of a new plan for high school programming that incorporates evidence from research and initiatives; i.e., the cross-ministry *Financial Literacy Strategy for Alberta* and *Inspiring Education*.

Planning is underway to ensure that concepts related to career education, financial literacy, community engagement and volunteerism will continue to be addressed in the Kindergarten to Grade 12 curriculum.

Q: How do these changes translate into the student experience?

A: For students, this means that HPE will focus on healthy eating, physical activity and psychosocial well-being. This is in line with what students told us when they said that they want content that is “real life” and relevant to their needs both in the classroom and in creating community connections.

Q: What are the next steps in development for K–12 Wellness Education?

A: Revisions to the current K–12 programs of study will begin at the high school level with the development of the new HPE 10–20–30 program of studies. Development of an outline for HPE 10–20–30 is already underway.

Analysis, design and development work will begin on the “Across All Curricula” component of the Framework in the 2010–2011 school year.

Stakeholder consultations will occur when draft documents are available for release.

Q: What are the next steps for K–9 wellness-related programs of study?

A: The existing K–9 wellness-related programs of study will go through minor revisions to ensure alignment with high school programming. This will take place after the high school revisions are completed.

Q: When will the programming related to the Framework be implemented?

A: Implementation of high school programming is anticipated to begin in 2014–2015, followed by K–9 in 2015–2016.