

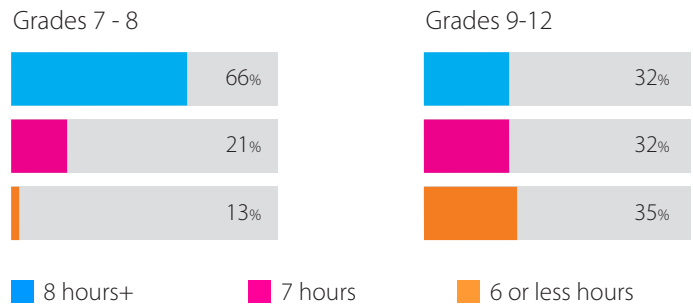
Students' Physical Health



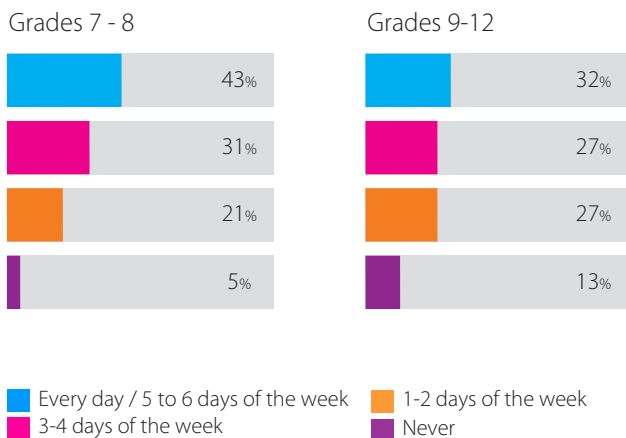
When students have enough sleep, participate in physical activity and eat a balanced diet, they come to school better able to learn and participate. The health and well-being of our students plays a big role in their self-esteem, motivation, confidence and readiness to learn. As part of the 2017 Student 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.

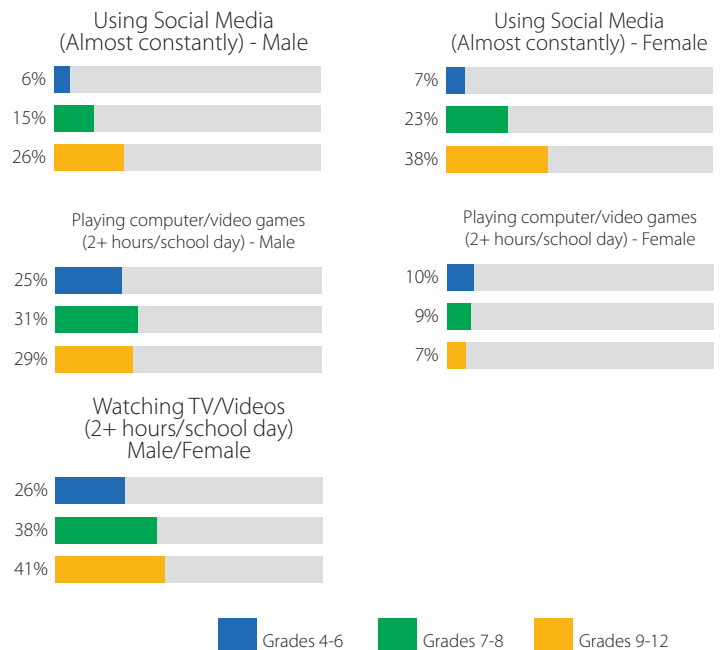
Hours of Sleep on School Days



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