

LIBERTY HIGH SCHOOL HEALTHY, SAFE, AND ACCEPTING SCHOOLS POLICY
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Liberty High School Healthy, Safe, and Accepting Schools Policy

I. Introduction

Liberty High School recognizes the critical importance of a learning environment that prioritizes the health, safety, and emotional well-being of its students and staff. This comprehensive policy establishes guidelines and practices that support these priorities, ensuring Liberty High School is a model for a nurturing educational setting.

II. Physical Activity and Nutrition

- Daily Physical Activity: Students are required to participate in at least 20 minutes of moderate to vigorous physical activity during each school day. Physical education classes, intramural sports, and active breaks are included to meet this standard.
- Nutritional Standards: All food and beverages offered on school premises comply with the Ontario School Food and Beverage Policy, which emphasizes fruits, vegetables, and other healthy options. We also provide nutritional education to promote healthy choices outside of school.
- Health Education: The curriculum includes comprehensive health education that addresses nutrition, physical activity, and overall wellness. Students learn about the benefits of a balanced diet and regular exercise.

III. Anaphylaxis and Asthma Management

- Anaphylaxis Action Plan: The school develops personalized action plans for students with severe allergies, which include identification of allergens, strategies to avoid exposure, and emergency response procedures. All staff members are trained to recognize signs of anaphylaxis and to administer epinephrine when necessary.
- Asthma-Friendly Policies: In line with Ryan's Law, students with asthma are allowed to carry and self-administer inhalers. Teachers are trained to recognize asthma symptoms and to respond promptly to asthma episodes. The school environment is regularly checked to minimize asthma triggers.
- Care Plans: Individual care plans are crafted for affected students, shared with relevant staff, and reviewed annually or as conditions change.

IV. Concussion Protocol

- Immediate Response: When a concussion is suspected, the student is removed from play or learning activities immediately. Parents or guardians are notified, and the student is referred to a medical professional.
- Recovery and Reintegration: Tailored recovery plans are developed, which include academic accommodations and a graduated return to physical activity, based on medical advice.
- Education and Awareness: Students, staff, and parents receive education on concussion risks, symptoms, and management. This includes annual workshops and readily available informational material.

V. Code of Conduct

- Behavioral Expectations: The code of conduct clearly defines the behaviors expected of students within the school and during school-related activities. It emphasizes respect for self and others, property, and the school community.
- Disciplinary Measures: The school employs a progressive disciplinary approach, where consequences become more serious if behaviors do not change. This could range from warnings to detentions, suspension, or other restorative practices.
- Conflict Resolution: The school provides conflict resolution training and peer mediation programs to help students resolve disputes amicably.

VI. Bullying Prevention and Intervention

- Zero Tolerance: The school has a zero-tolerance policy towards bullying. Students are educated about the different forms of bullying, including cyberbullying, and the harm it causes.
- Reporting Mechanisms: Safe and confidential reporting systems are in place for students to report bullying. This may include anonymous reporting options.
- Support Structures: Counseling services and support groups are available for victims of bullying. The school also offers intervention programs for students who bully, focusing on behavior change and empathy development.

VII. Policy Implementation

- Professional Development: All staff receive ongoing training in the implementation of this policy, including first aid, allergy management, and crisis intervention.
- Policy Accessibility: The policy is accessible to all students and parents via the school website and is included in the student handbook.
- Regular Assessment and Review: The policy is reviewed annually or following significant incidents to ensure it remains effective and relevant.

VIII. Roles and Responsibilities

- Staff: All staff are responsible for modeling appropriate behavior, enforcing the policy, and providing a safe and healthy environment.
- Students: Students are expected to adhere to the policy and to report any safety concerns to staff.
- Parents: Parents are encouraged to support their children in following the policy and to collaborate with the school in promoting safety and well-being.

The success of Liberty High School's Healthy, Safe, and Accepting Schools Policy depends on the active participation and cooperation of the entire school community. Together, we can ensure that our school remains a safe and welcoming place for everyone.