



# SUDBURY CATHOLIC DISTRICT SCHOOL BOARD

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**POLICY # BR95**

**Wellness**

## **POLICY STATEMENT**

The Sudbury Catholic District School Board is committed to providing a safe and nurturing learning and working environment rooted in the Gospel values.

It is recognized that this organization's most valuable resource is its staff members. Also recognized is the importance of employees remaining well and productive. "Well-being" or "positive health" means possessing the physical, mental, spiritual, and social attributes required to cope successfully with challenges to health and functioning.

The Board supports its employees in achieving and maintaining optimum levels of personal wellness. Maximizing the health of the organization and providing a safe and healthy work environment are also priorities.

The Board endorses all health and safety practices which are consistent with provincial acts and regulations, particularly those related to labour, health and human rights legislation, while being respectful of collective agreements and terms and conditions of employment.

### **Monitoring:**

Methods:

Frequency:

**Approval Date:** March 31, 2008

**Effective Date:**

**Last Review Date:**

**Revised:**

**Signature of Chairperson of the Board :** \_\_\_\_\_

**Signature of the Secretary of the Board :** \_\_\_\_\_