

So Every Student Can Thrive

Ophea's Equity-centred Strategy for Well-being in Ontario Schools



Quality Health and Physical Education is good for students, and boasts many social, emotional, and physiological benefits that set the tone for a lifetime of health and well-being.



Every student has a right to quality Health and Physical Education, where they feel they belong.




The trouble is, not every student experiences this.



Equity is worth pursuing, because an education system that works for those experiencing marginalization tends to work better for every student.

Our Beliefs	Our Imperatives	Our Focus Areas
 <ol style="list-style-type: none"> 1 Belonging is essential to well-being; well-being is essential to learning. 2 Equity-centred approaches increase opportunities to achieve greater well-being. 3 Working across the entire education system is critical to enabling the conditions for every teacher and student to thrive. 	<ul style="list-style-type: none">  Know Our Audience  Centre the Margins  Illuminate the Bright Spots  Practice Inclusion First 	<ul style="list-style-type: none"> • Understand our impact to tell our story. • Plan for redevelopment of Health and Physical Education (H&PE) supports, centering Culturally Relevant and Responsive (CRRP). • Redevelop and launch Healthy Schools program for 2025/26 school year. • Continue iterative equity content review (and release) of Ontario Physical Activity Safety Standards in Education (OPASSE). • Engage in local and/or regional pilots to understand belonging, inclusion, and well-being. • Facilitate system level dialogue (local, regional, provincial) and collaborative action that prioritizes well-being and human rights.

To have the greatest impact on the well-being of children and youth, we focus our work...

 IN CLASSROOMS	 IN SCHOOLS	 IN SCHOOL BOARDS AND REGIONS
<p>We provide Health & Physical Education supports so that teachers can:</p> <ul style="list-style-type: none"> ✓ value unique student experiences; ✓ cultivate Health & Physical Education classrooms that prioritize belonging 	<p>We support and recognize schools so that school administrators can:</p> <ul style="list-style-type: none"> ✓ value inclusive, healthy schools ✓ value inclusive physical activities that promote belonging 	<p>We facilitate and connect so that system leads can:</p> <ul style="list-style-type: none"> ✓ value the intersection of equity, human rights and well-being ✓ promote inclusive curriculum supports that prioritize belonging

...so every student can value and enjoy the benefits of healthy, active living!