

HEALTH AND WELLNESS

PROMOTING HEALTHY HABITS

Provide unique teaching, learning and recreational opportunities that are to be explored and accommodated for all.

Considerations:

- Food and nutrition teaching opportunities
- Breakfast in the classroom
- Teaching and learning kitchens
- Space provided for recycling and composting
- Range of spaces and eating experiences in the cafeteria
- Proper adjacencies to support spaces
-
-
-
-
-
-

HEALTH AND WELLNESS

PROMOTING HEALTHY HABITS

Indoor and outdoor spaces of both the built and natural environment should promote and support mental, physical and social well-being for all.

Considerations:

Inside:

- Indoor and outdoor connections
- Indoor incorporation of plants
- Natural daylighting and ventilation
- Hydration stations easily accessible in/from classrooms
- Wellness spaces
- Food pantries
-
-
-
-
-
-

Outside:

- Covered outdoor classrooms, play areas and eating spaces
- Natural spaces, school gardens, green roofs, greenhouses and multi-use tracks
- Safe route to school – Safe Biking/Walking
- Bike education space
- Covered bike parking
- Painted bike lanes
- Traffic calming
-
-
-

DRAFT DESIGN PRINCIPLES

HEALTH AND WELLNESS

PROMOTING HEALTHY HABITS

Designs should encourage healthy habits for all.

Considerations:

- Promote handwashing over the use of sanitizer
- Strategically place sinks throughout the building to incorporate handwashing as part of a daily routine (i.e. in classrooms, cafeteria and classroom pods/suites), while keeping operations and maintenance concerns in mind
- All sinks should be accessible by all
-
-
-
-
-

Create wellness throughout the entire school by exploring what already exists and using it in a new way.

Considerations:

- Ideas both big and small
- Hopscotch, or other game markings incorporated into flooring patterns
- Creation of social spaces under stairwells
- Signage for health and wellness cues throughout the building (i.e. Breathe, smile)
-
-
-
-
-

DRAFT DESIGN PRINCIPLES

HEALTH AND WELLNESS

MENTAL HEALTH AND WELL-BEING

Encourage and support mental health and well-being. Inclusion of a diverse range of mental health needs should be incorporated into design decisions.

Considerations:

- Wellness spaces
- Trauma informed space design and care
- Providing a safe place for self regulation, or to calm down
- Indirect lighting for calming effect
- Open and organized wall space
-
-
-
-
-
-

Sensory considerations should be intentionally incorporated at both the entrance to the facility, and throughout the building.

Considerations:

- Emotional balancing
- Trauma informed space design and care
- Inclusive and adaptive to needs
- Connections to the outdoors/nature
- Natural daylighting that is soft/kind
- Safe and secure operable windows
- Sound dampening in Gym, Music, Drama and Cafeteria
-
-
-
-

DRAFT DESIGN PRINCIPLES

HEALTH AND WELLNESS

MENTAL HEALTH AND WELL-BEING

Provide health and counseling spaces that are safe, shared, flexible, and designated for a variety of activities.

Considerations:

- Safe space for everyone with dietary considerations
- Yoga room
- Staff wellness room
- Mother rooms
- Small meeting rooms for services provided by outside entities for the district
- Wrap services
- Family space
-
-
-
-

Design decisions should consider bias and stigma.

Considerations:

- Universal, accessible, size inclusive and adaptable furniture and playground equipment ie. bathroom stalls, furniture considerations, room size
-
-
-
-
-
-
-

DRAFT DESIGN PRINCIPLES

HEALTH AND WELLNESS

PHYSICAL HEALTH

Encourage and support daily physical activity year-round by providing safe, appropriate space and infrastructure accommodations for all.

Considerations:

- Outdoor covered play spaces
- Indoor track or other recreation that encourage movement
- Larger gym storage for equipment
- Outdoor multi-use tracks
- Open visibility to all areas
- Safe, risk-taking play structures
-
-
-
-

Provide dedicated health rooms at each school that provide privacy and separation of the sick and well-child.

Considerations:

- Drive-thru windows in health rooms for daily meds
- Electronic record use
- Triage area in entryway
- Infrastructure needs
-
-
-
-
-
-