



PRINCE EDWARD ISLAND
ÎLE-DU-PRINCE-ÉDOUARD

WINTER WELLNESS DAY ACT

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This document is *not* the official version of the Act. The Act and the amendments as printed under the authority of the King's Printer for the province should be consulted to determine the authoritative statement of the law.

For more information concerning the history of this Act, please see the *Table of Public Acts* on the Prince Edward Island Government web site (www.princeedwardisland.ca).

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**CHAPTER W-5.1****WINTER WELLNESS DAY ACT**

WHEREAS in each year, the third Friday in February is commonly known as Winter Wellness Day;

AND WHEREAS this Assembly wishes to increase awareness among Islanders of the significant benefits of physical activity for children and youth;

AND WHEREAS in 2018, the Chief Public Health Officer released the Prince Edward Island Children's Report 2017, which addressed wellness-related concerns;

AND WHEREAS physical activity is a critical component of ensuring that Island schools are healthy places to learn;

AND WHEREAS studies have shown that when the physical health and well-being of students is supported, their academic achievement improves as well;

AND WHEREAS this Assembly wishes to mark the day with in-school initiatives celebrating and promoting the importance of physical activity;

AND WHEREAS this Assembly is committed to ensuring that public school students on Prince Edward Island have plenty of opportunities and supports to be physically active;

AND WHEREAS declaring the third Friday in February to be Winter Wellness Day will further encourage Island students to participate in physical activities and contribute to their own health and well-being;

THEREFORE BE IT ENACTED by the Lieutenant Governor and the Legislative Assembly of the Province of Prince Edward Island as follows:

1. Interpretation

In this Act,

- (a) “**education authority**” means an education authority as defined in the *Education Act* R.S.P.E.I. 1988, Cap. E-.02;
- (a.1) “**instructional day**” means an instructional day as defined in the *Education Act*;

- (b) “**public school system**” means the English school system and the French school system as those terms are defined in the *Education Act*;
- (c) “**student**” means a student as defined in the *Education Act*. 2020,c.91,s.1; 2021,c.48,s.2.

2. Purpose

The purpose of this Act is

- (a) to ensure that all students in the public school system are encouraged to participate in physical activities and contribute to their own health and well-being;
- (b) to recognize that physical activity is essential for the healthy growth and development of children and youth;
- (c) to recognize that physical activity can have a positive impact on the physical fitness of children and youth and help lay the foundation for healthy, productive lives;
- (d) to recognize that participating in physical activity and reducing sedentary behaviour is known to enhance well-being, which is an important element of academic achievement and overall student success. 2020,c.91,s.2.

3. Winter Wellness Day

- (1) Throughout the province, in each year, the third Friday in February shall be kept and observed in the public school system as “Winter Wellness Day”.

Alternate date

- (1.1) Notwithstanding subsection (1), in a year where the third Friday in February is not an instructional day, the education authorities shall select an alternate date on which to observe Winter Wellness Day.

Not a holiday

- (2) For greater certainty, Winter Wellness Day is not a holiday under any enactment. 2020,c.91,s.3; 2021,c.48,s.3.

4. Duties of education authorities

- (1) The education authorities shall ensure that, on Winter Wellness Day,
 - (a) all students, including students with special education needs, participate in 20 minutes of moderate to vigorous physical activity additional to the usual curriculum requirements; and
 - (b) physical activities offered are adapted, as appropriate, so all students, including students with special education needs, can participate in them.

Accumulation

- (2) For the purpose of subsection (1), the required period of physical activity may be accumulated in 20 continuous minutes or shorter blocks of time. 2020,c.91,s.4.