



Disconnecting from Work

Date: 2022 05 31

Policy Statement

The St. Clair Catholic District School Board supports and encourages employee health and wellness by fostering a work environment that maintains a healthy work-life balance, including our disconnecting from work policy as required by the Ontario *Employment Standards Act, 2000*.

Policy Goals

1. Provide administrative procedures to support the ability of employees to disconnect from work by significantly reducing the practice of work-related activities or communications after-hours, including emails, telephone calls, video calls or the sending or reviewing of other messages.
2. Support and promote a healthy work-life balance for employees.

Definitions

Disconnecting from work - not engaging in work-related activities or communications, including emails, telephone calls, video calls or the sending or reviewing of other messages, so as to be free from the performance of work.