

STRATEGIC PRIORITY



PHYSICAL HEALTH & MENTAL WELL-BEING

Goals

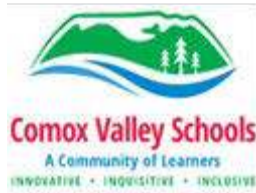
Invest in the holistic well-being of our people

Actions

Implement a district-wide mental health initiative

Continue the Work to Wellness program

Continue to build capacity in sexual health education



PHYSICAL HEALTH & MENTAL WELL-BEING

GOAL: INVEST IN THE HOLISTIC WELL-BEING OF OUR PEOPLE

Actions:

- **Implement a district-wide mental health initiative**
 - The Director of Student Services is designing a comprehensive plan around mental health called Pathways to Hope.
 - There was an Education Committee Meeting with school trustees on the topic of Mental Health and our SOGI policy.

- **Continue the Work to Wellness program**
 - The Human Resources department has an extensive work to wellness program which can be accessed on the school district webpage.
 - An after-school meditation program was offered at Queneesh last year and it was the springboard for offering a district meditation/yoga/mindfulness course to all educators in SD71.
 - The Inner Explorer program of mindfulness was offered in 14 of our schools this year. The program is accessible to teachers and students.

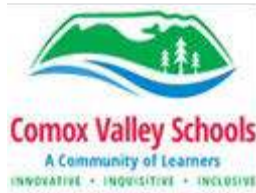
- **Continue to build capacity in sexual health education**
 - The district worked extensively with Dr. Claire Vanston to develop a robust sexual health program offered to all students in grades K-10. Supplemental course instruction was also offered to grade 11 and 12 students.
 - Many parent evenings were offered to help educate parents.
 - Teachers were educated through pro d workshops that involved Dr. Claire Vanston and time was paid for by the district for this work.
 - Our Director of Student Services insured that grade 11 and 12 students were given the opportunity to take extra sexual health courses at our three secondary schools. These courses were offered outside of the timetable.
 - Continued meetings with DPAC to hear sexual health viewpoints.

AT THE SCHOOLS:

Aspen Park Elementary

Staff were encouraged to participate in the Work to Wellness Programs and the 12 days of Fitmas.

Sexual health lessons were done school wide. All students received these lessons at the same time. The lessons and resources were provided by Dr. Claire Vanston.



Brooklyn Elementary

Teacher lead fitness circuits for students and a HIIT class for staff.

Continued commitment to Sexual Health education completed by all classes by Spring Break using Dr. Claire's resources and many complementary books.

Nine staff participated in the EASE anxiety training. School purchased mental health supporting books to support this work in classrooms and for parents.

Courtenay Elementary

Taught The Zones of Regulation to all students. Consistent use of calm down routines and mindfulness in classrooms, Teachers used Go Noodle, Go Zen, Inner explorer, Mind up, We Thinkers, EASE and Cosmic Kids.

Denman Island Elementary

Implemented the EASE program and self regulation strategies.

Ecole Puntledge Park

All classes completed the sexual health curriculum.

Through consultation with our Curriculum support teacher, or LST and our district support teachers we invested in the Social Thinking curriculum and purchased the program to support and continue next year.

Ecole Robb Road

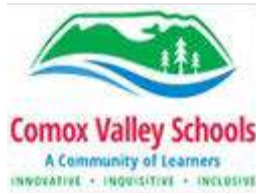
A school-wide focus on Physical Health and Mental Well-being for our staff themselves- caring for the caregivers! Emphasis on caring for ourselves.

All classes have used Dr. Clair/ Kids in the Know resources this year.

Hornby Island Community School

What impact will providing additional opportunities for arts education have on our learners' social emotional growth in relation to core competencies?

- 90% of our school joined a group dance session (outside).
- Arts teacher taught the kids a dance and they came together to perform not just once...but for several weeks in a row... The observations have brought to our kids increased confidence, teamwork, social emotional learning, and increased creativity.
- Mini showcases. We cannot have parents in to watch but we can perform for each other!



- For Chinese New Year, the kids made lanterns and we had a parade around our deck.
- Worked with musical theater.
- Our "Hornby School" letters project is complete. The letters are hung on our outdoor shelter to brighten up the plywood!

Huband Park Elementary

Improved student mental health: reduced anxiety in our school population.

1. Professional development, EASE training
2. Assessment of student needs
3. Created and maintained a school culture that contributes to mental well being for students and adults.

Royston Elementary

How can we explore and celebrate Royston's core values (personal and social responsibility) to enhance the emotional well being of the school community?

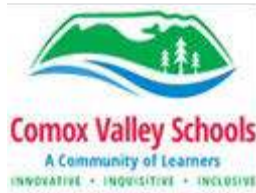
- Monday morning with Talking Circle; they all learn how to respect one another and learn about each other (community building).
- Modeling the behaviour and being "bucket fillers"
- Celebrating together as a whole school!
- Zones of regulation checks.
- Positive praise to kids has seemed to be uplifting and creates encouragement to show more act of kindness.
- Weekly "ambassador" whose job is to write a kind and encouraging note to a staff member, explaining to them that the staff need encouragement too!
- Honesty, opportunities for self assessment and kindness and respect circle.
- Regulation-soft starts, mask breaks, mindful colouring, and poetry, read aloud, journaling.
- Reading books from the EASE and WITS programs.
- Positive recognition through classroom compliments.

Valley View Elementary

All classes were delivered the sexual health curriculum.

Established a school culture around Covid Safety Measures - standing item on health and safety staff meeting agenda, in class practice and reminders of protocols, regular communication to parents regarding Covid protocols from the administration etc.

A monthly 'Fill a Bucket' draws for student recognition took place.



Lake Trail Middle

A goal to Support and improve student health through:

- Improved emotional wellness through having a place for students to go when they are having a tough day, Mindfulness and mind skills, Using Inner Explorer, Art as therapy, A sense of student personal identity, mindfulness activity and outdoor exercise in outdoor ed.
- Improved digital wellness through Creating more spaces for tech-free activities, propaganda investigations to improve student health around social media.
- Improved environmental awareness, connections, and stewardship.
- Improved mental wellness. classes have received instruction in Mental Health.
- Improved nutrition and food literacy. Make sure students have food, utilize school breakfast program, Check student eating habits and needs, Healthy meals provided through our concession. received three more grants to help support our healthy food program.
- Improved physical literacy and health through Physical activity five days a week, focusing on sexual health, Outdoor activities, Added extra PE opportunities whenever possible.

Cumberland Community School

Faculty and staff encouraged each other to participate in the 12 days of fitness. With School based prizes.

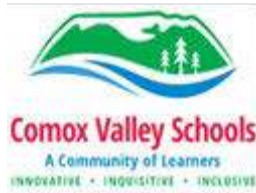
School activities and opportunities to support wellbeing include:

- Promoted physical activity during outside play - putting in more basketball areas, 4 square and tether ball.
- Continued house challenges within classes and cohorts.
- Monthly dress up challenges - PJ Day, Jersey Day, Twin Day etc.
- 2 x 30 minutes outside break for all students
- Eating together in class with teacher
- Modified "normal events" so they can still happen (i.e.: Terry Fox run in cohorts)
- After school cohorted sports for Grade 6-9,

Glacier View Secondary Centre

Implemented various mental & physical health supports for students, including:

- Naloxone Training
- CALM Room
- GSA Group
- BackpackBuddies.ca
- Vancouver Sun Children's Fund: Adopt-a-School Grant
- Sexual Health Education
- Early Intervention/Prevention Substance Use Sessions
- ISPARC Program (Indigenous Sport, Physical Activity & Recreation Council)



- Soup Program
- Healthy Snack Program

G.P. Vanier Secondary

Encouraged staff to participate in the 12 days of Fitmas.

Meditation was available to staff after school on Thursdays.

Mental Wellness was a topic at staff meetings.

Navigate/NIDES

Supported the physical health and mental well-being of our school community:

- Afternoon Brain breaks – allow students time to go outside and either read, play, or do whatever helps them fill their bucket.
- Forest Walks – 2-3 times a week weather dependent.
- We thinkers
- EASE (Everyday Anxiety Strategies for Educators) Workshops.
- Allowed more time for families to accommodate their emotional needs based on Maslow's hierarchy of needs.
- To brighten the space in our covered play area, an artist was commissioned to work with staff and students to paint a landscape scene that includes brighter colours, LGBTQ content and the words "We Are All One".
- Flexibility around absences – work with parents to create a more supportive home learning option.
- School wide Jump Rope for Heart Day.
- Ski Day as a school.
- Exploring the use of alternative musical instruments.
- Cohort based day trips to the Tribune Bay Outdoor Education Center