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# Our Vision of Wellness...

A wholeschool system that promotes positive mental health, where mental health promotion is embedded in all aspects of the education system, including culture, leadership, curriculum and learning environments.

(Ministry of Education, MHiSS)

Students are thriving emotionally, socially and academically and are whole and healthy learners.

(SD #40 Strategic Plan)

# Components of the Mental Health In Schools Strategy

## Compassionate Systems Leadership:

- systems approach to staff wellness and self care

## Building Capacity:

- Social Emotional Learning, Mental Health Literacy, Trauma Informed Practice

## Mental Health in the Classroom:

- Core Competencies, Curriculum, First Peoples Principles

<https://www2.gov.bc.ca/gov/content/erase/mentalhealth#mhis>

# Mental Health in *New West Schools* Strategy



# Wellness Connections



**Relationships are the  
foundation of wellness...**

# Curriculum: Our Roadmap to Wellness

# School Supports: Elementary and Middle

- School Goals around SEL/MH
- Saleema Noonan age-appropriate sexual health
- SEL program support: Second Step, Third Path, RULER
- Social & Emotional groups: friendship, leadership, social skills
- Diversity Clubs/SOGI Leads
- Wellness Teams: all staff, specifically Counsellors, CYCWs, Aboriginal Support Workers, School Based Team

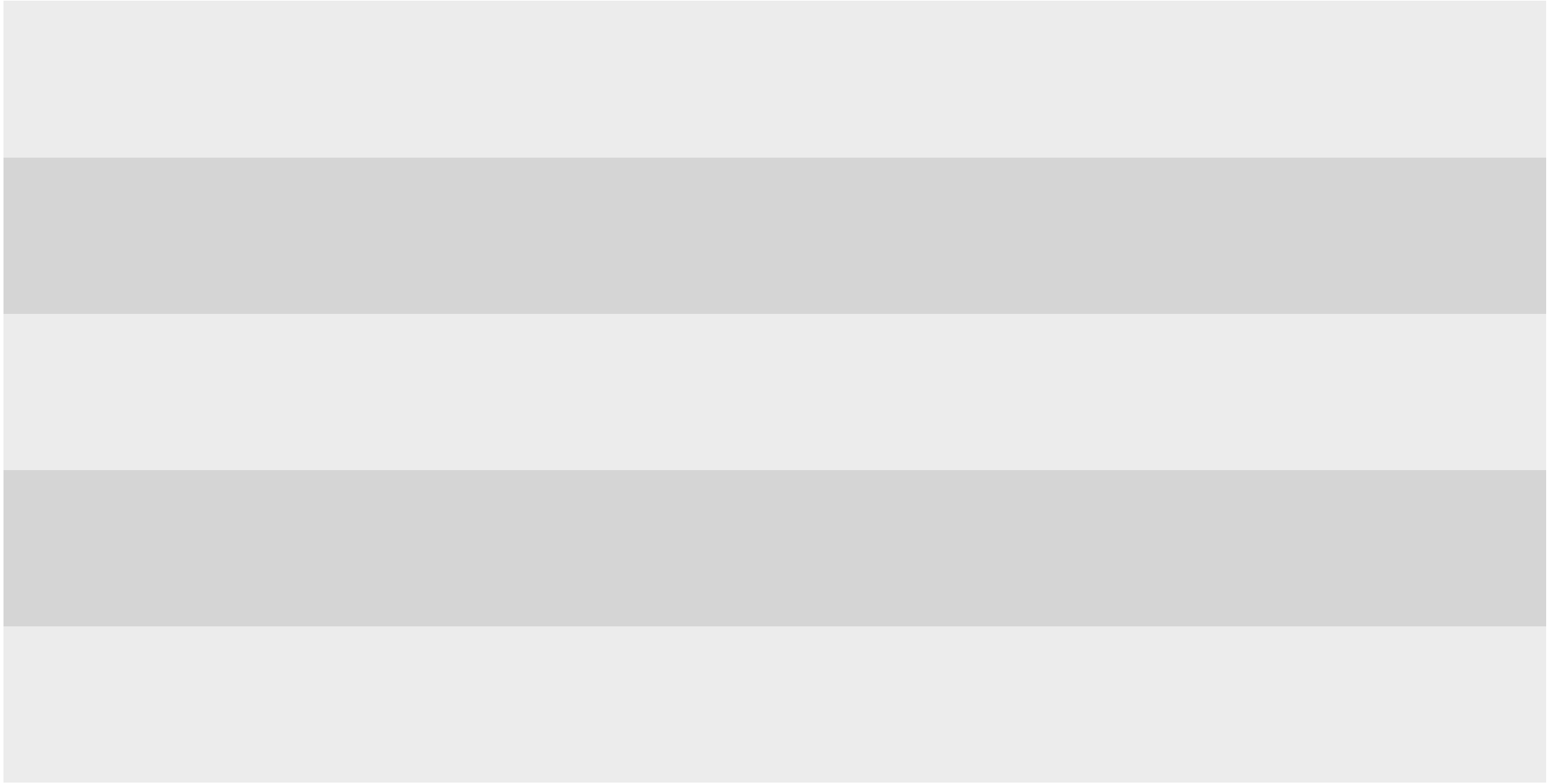
# School Supports Secondary

- Ongoing engagement with Student Voice
- School Goal around SEL/MH
- Presentations: e.g. Children of the Street: “Redefining Masculinity”, Sexual Health, Trauma, Mental Health
- Diversity/GSA Club/SOGI
- Friendship Centre for Indigenous students
- Health Promotion and Prevention Worker
- Mental Health Literacy: Grade 9 & 10 curriculum
- Ongoing work: PHE Department: Master curriculum plan and schedule of both physical and health components
- Wellness Centre: District Counsellor and community supports e.g. MCFD, Fraser Health, Primary Care etc.

Chai and Chat Social Skills Group at  
SIGMA

# Ongoing Professional Development

# Wellness Resources 12



# Ministry of Education Supports

## Mental Health Early Action Initiatives Grant:

- Approximately \$30,000 expected next year:
  - Increased counselling supports
  - SEL/MH resources
  - Professional development

## Ministry Pilot Integrated Service Delivery Teams:

- Currently 5 Districts: Maple Ridge, Comox Valley, Richmond, Coast Mountains, Okanagan
-

# Scope of this Work...

- Complex and challenging
- Embedded in everything we do
- About positive and strong relationships
- Foundational to academic success
- Highly personal: values, beliefs, past experiences & trauma impact students, staff and families
- Ongoing....



# Questions