

School Health Champions

October 19, 2017

Welcome, Introductions and Acknowledgement

We acknowledge and thank the WSANEC people on whose traditional territory we live, learn and teach.

The WSANEC people have lived and worked on this land since time immemorial.

Today

Check-in

Setting the Context

Mental Wellness in Saanich Schools: A Strategic Approach

The 4 Pillars of Comprehensive School Health

Mental Wellness Survey

Check In

Take a moment to reflect on the following:

“I volunteered to be a School Health Champion because . . .” Or

“Something of interest to me in CSH is ...”

“Say Something” whip around.

Setting the Context

The role of a School Health Champion:

- To advocate on behalf of their schools (students, staff and parents) for practices that support CSH.
- To build “networks of support” within their school communities that advance CSH principles.
- To be an advocate for healthy lifestyles.

Our work from last year

- Focused on the broad aspect of CSH
- Schools chose areas of inquiry related to CSH and explored that inquiry in the context of their school.
- Message to colleagues as a culminating Activity.
 - “Beyond the initial and ongoing success of significant turnout and participation, there were unanticipated successes around the ways these activity afternoons opened up conversations around healthy living beyond physical activity.”
 - We wonder how planned parent education evenings on mindfulness and self-regulation will impact student success at Keating?
 - A short staff survey could also indicate if they thought that students are more successful given more information on mindfulness and self-regulation from their families.
 - My role as school health champion has helped provide the motivation and platform to collaborate with other members of staff with a similar interest in increasing the time spent learning and playing outside in the natural environment

Our Work Together for this year . . .

- Check-ins
- Information sharing
- Activities to do with staff
- Feedback to District for next steps

2017-2018 Focus

- Mental Wellness: stigma reduction and resilience
- Mental wellness within the context of comprehensive school health
- Healthy Schools BC Grant Application:
 - “Healthy Schools BC Regional Grants are intended to support school districts and their health authority partners in identifying, addressing and assessing priorities in the area of mental health.”
 - \$5000 grant
- Our Vision:
 - Under a CSH approach and recognising the “whole child”, promoting and supporting the mental well-being of students contributes to enhanced health literacy and the prioritising of all aspects of health as essential to the development and learning of children and youth within a school environment.

Mental Wellness in Saanich Schools: A Strategic Approach

Mental Wellness in Saanich Schools: A Strategic Approach

Strategic Plan overview

- A three year plan that focuses on four key areas that parallel the District Strategic Plan and the CSH 4 Pillars
- Rationale for a Mental Wellness Strategy
- Why Mental Wellness and not Mental Health?
- What is the contribution that education can make to student mental wellness?
- How can we consider student mental wellness without considering the mental wellness of staff?

CSH: the connection between overall health and mental wellness

- Mental wellness within the context of Comprehensive School Health, designed to:
 - To support a comprehensive approach to health across the district.
 - Build the capacity of the health and education sectors to effectively implement healthy school initiatives.
 - Improve the health and education outcomes for all students across the school district.

Mental Wellness in Saanich Schools: A Strategic Approach

Mental Wellness:

The complete spectrum of wellness from mental health to mental illness. It focuses on the largest component which is positive mental health. Our strategy chooses to use this term to highlight the importance of attending to mental wellness, just as we attend to physical wellness.

Rationale:

- McCreary Report on Adolescent Health: "one in five students reported at least one mental health condition."
- EDI: Increase in vulnerability across domains.
- Curriculum Redesign:
 - Core Competencies: Personal and Social Responsibility
 - PHE Curriculum content.
 - Career Life Education
- "There is ample evidence that school based programs in elementary, middle, and high schools can influence positive mental health and reduce risk factors and emotional and behavioural problems through social-emotional learning and ecological interventions." (WHO, 2004)

Mental Wellness in Saanich Schools: A Strategic Approach

“Positive Mental Health is more than the absence of mental illness”.

- To build school communities that support academic, social and emotional needs.
- Raise awareness and increase knowledge of evidence-based promotion, prevention and intervention strategies.
- Share and make available professional resources to support implementation.
- Collaborate with partners to ensure timely access to resources for students.

Mental Wellness in Saanich Schools: A Strategic Approach

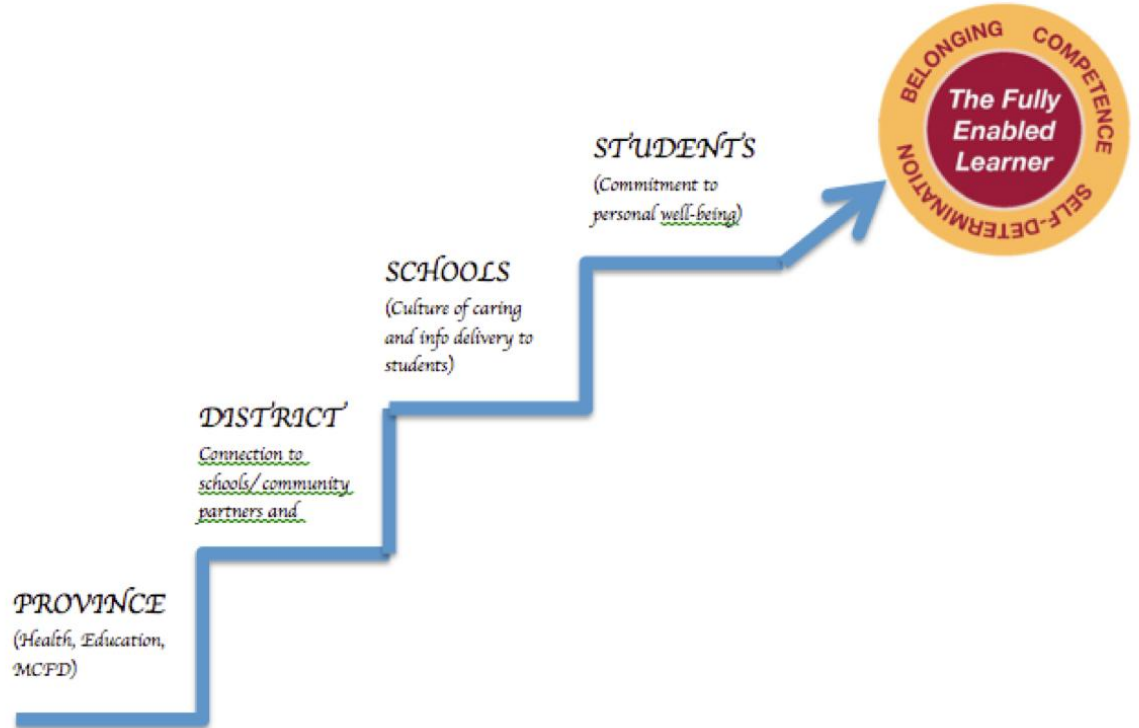
Four Strategic Elements:

- Mental Wellness Promotion
- Understanding Mental Health
- Community and Parent Partnerships
- Building Caring Communities



Mental Wellness in Saanich Schools: A Strategic Approach

Shared Commitments



Mental Wellness in Saanich Schools: A Strategic Approach

Year 1:

- Building capacity and understanding

Year 2:

- Implementing specific strategies

Year 3:

- Strengthening and deepening understanding.

Mental Wellness in Saanich Schools: A Strategic Approach

Summary and Key Points:

- Mental wellness is essential to student achievement and success.
- Student mental health impacts everyone and is a shared responsibility.
- Strong relationships play a key role in the mental health of students.
- Improved outcomes from: developing resilience skills, stigma reduction, and increased mental wellness understanding for students, staff and parents.
- Strong connections to curriculum and subject areas is necessary.

4 Pillar Activity

4 Pillar Activity

- A great activity to start a conversation about what is currently going on in classrooms and the school within each pillar.
- The 4 Pillars
 - School/District Policies
 - Relationships and Environments
 - Community Partnerships
 - Teaching and Learning

BREAK

Surveying Our Staff

- What's already happening?
- How are Staff feeling?
- Setting a baseline.

Closure and Next Steps

- Get on the staff meeting agenda
- Introduce the Staff Survey and get people engaged in completing it.
- Spend some time on the 4 Pillar Activity.