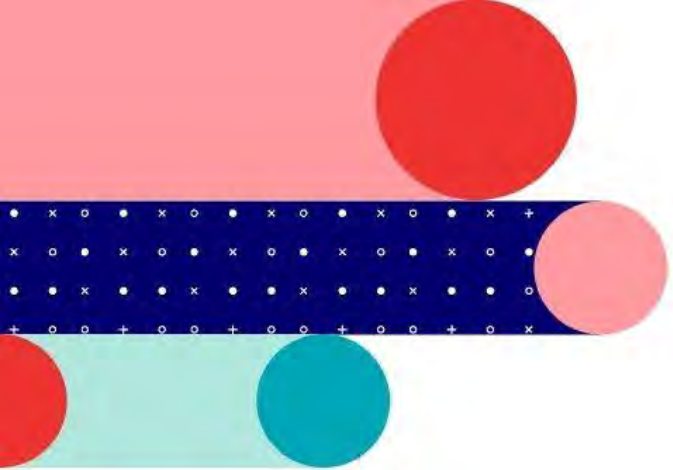


Comprehensive School Health Teams

How MHPSD prioritizes the health of students





Comprehensive School Health Teams

Structure

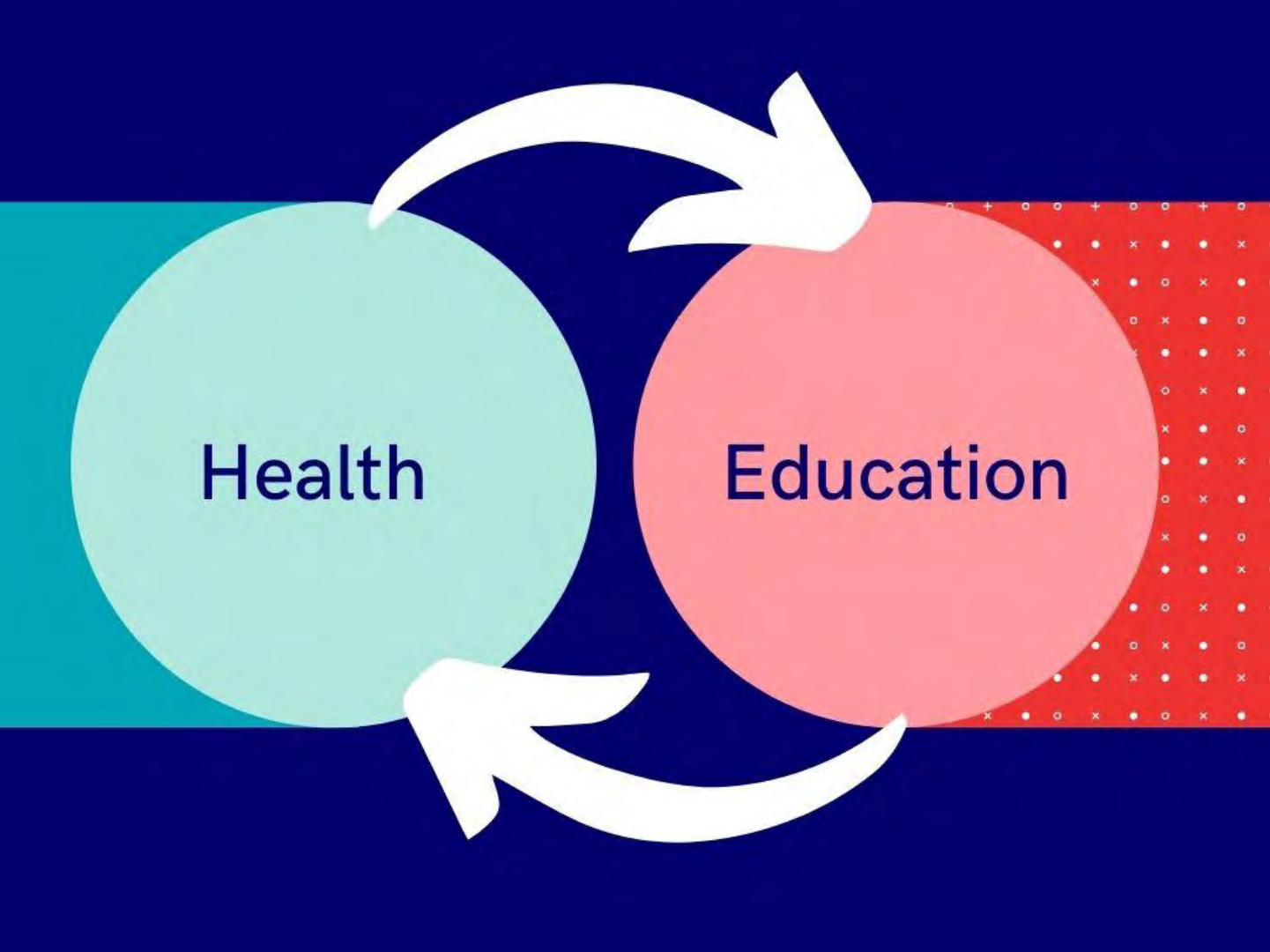
- Health Champion
- Wellness Champion
- FSLW
- Success Coach
- Administrator (or delegate)

Purpose

Together, members of the Comprehensive School Health Teams collaborate to support staff, student, and family well-being, in both our schools and our community.

Expectations

- Meetings are to be held at each site approx. every six (6) weeks.
- All members are expected to collaborate, participate, and promote ideas/initiatives to support Comprehensive School Health in MHPSD.

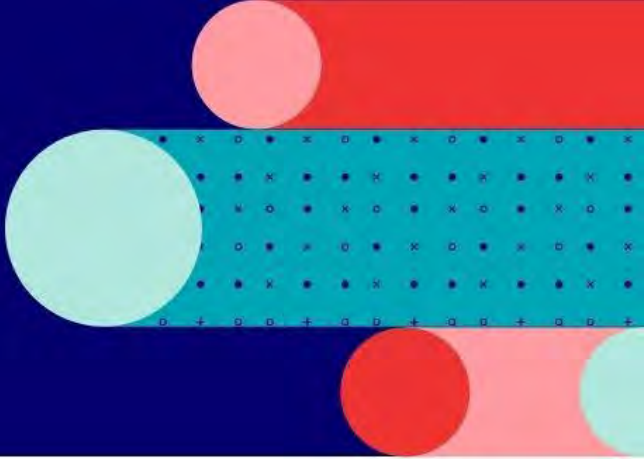


The diagram features two large circles, one light blue on the left and one light red on the right, set against a dark blue background. A teal horizontal band is behind the blue circle, and a red band with a white grid pattern is behind the red circle. Two white curved arrows connect the circles in a clockwise cycle. The word 'Health' is written in dark blue inside the blue circle, and 'Education' is written in dark blue inside the red circle.

Health

Education

Foundations



Whole School Approach

To ensure efforts are long-lasting and effective, the whole school should be involved.

Well being integrated across all curricula

Wellbeing should go beyond physical and health education and be supported by all levels and all staff.

Charting your unique plan

Each school should develop its own plan to reflect the local context and get traction.

Pillars





Implementation Standards

1
2
3
4
5
6
7
8

Students as change makers

School-specific autonomy

Demonstrated administrative leadership

Higher level support

Dedicated champions to engage school community

Community support

Quality and use of evidence

Professional learning

**"Students must
be healthy to be
educated and
educated to be
healthy."**

Education is the most powerful weapon
which you can use to change the world.

- Nelson Mandela

Acknowledge accomplishments

- 1 Dr. Ken Sauer
- 2 Vincent Massey
- 3 Ross Glen



School Goal: *If we focus on opportunities for students to develop healthy relationships and personal wellness, then we will foster a sense of belonging and resilience.*

School Community Building Events



Colour Run



Colour Run

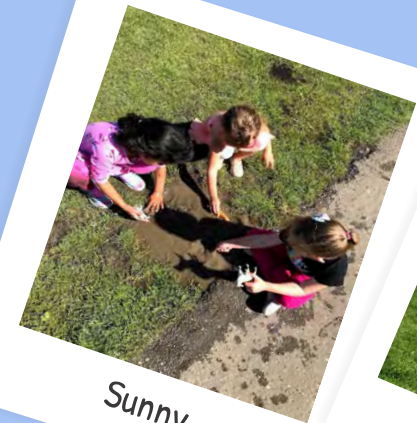


Meet the Teacher &
Pancake Breakfast



Field Day

Recess Rethink- All Weather Adventure School



Sunny



Rain



Rain



Snow



Snow

Staff Wellness & Belonging Initiatives



Wellness PD Day



Group Fitness



Wellness PD Day



Wellness PD Day



Community Building



Community Building



Dress Up Days

Student Wellness & Belonging Initiatives

- Character Trait Program
- CRM Committee- Social Emotional & Trauma Informed Practice (Book Studies)
- Health and Wellness in the Classroom
- School Wide Days
- SWAG Days
- FSLW/Success Coach



Classes



Comm

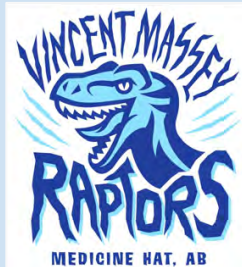


Vincent Massey School Comprehensive School Health/Wellness Team

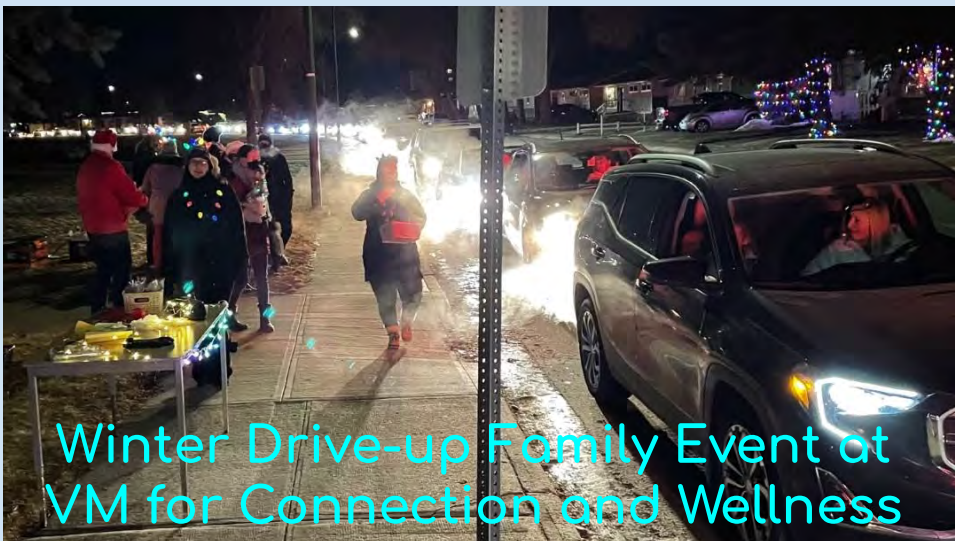
- **Committee Members:** Megan Anderson (Gr. 4 Teacher), Karleigh Harvey-Zenk (Gr. 1 Teacher), Andrew McFetridge (Admin), Mitch Carlson (HUG Coach), Mary Tulip (FSLW)
- Our Wellness Team meets about every 6 weeks
- **Our End in Mind:** Gather perceptions of staff, student, and parent/guardian wellness and continue and/or create new opportunities to augment sense of wellness, resiliency, and belonging.
- **Feedback Data:** (OurSchool, MHPSD Engagement, VM admin-initiated Staff Surveys) All indicate that Wellness, Connection, Belonging, & Student Regulation continue to be areas of importance.
- So, one of our two annual school goals this year has been: *“Student & Staff Wellness: Student regulation, student sense of belonging, student relationships. Staff Wellness, self-efficacy, & resilience”*



January	Physical & Mental Health	STAFF WELLNESS: • <u>Staff Yoga offering?</u> Chat about this at <u>next</u> meeting. • <u>Bowling or axe-throwing</u> we will look at as a possible staff wellness function in the coming months. • We are now <u>communicating out about a last Friday of each month after work beverage for all VM staff.</u> Megan will arrange for an email out to staff for this coming Friday, Jan 28th at Med Hat Brew Co. • <u>Valentine's Day Soup lunch on Feb 14th-</u> Megan and KHZ on soup and buns, Andrew/Lindsay servers STUDENT WELLNESS: • Keep promoting student clubs (Andrew) • Can we re-start <u>Reading Buddies</u> for <u>sense</u> of leadership, community and connection? (Andrew check into if this) • <u>Art Buddies-</u> Older kids create art/coloring pages for younger kids to color in. (Mary taking lead on this) • <u>Bell Let's Talk day Jan 26th</u> (Mr. Mitch leading) PARENT WELLNESS • Parent Wellness? Parents liked and were very grateful for the VM Christmas Drive-Up Event we had just before the break. • Let's start thinking about and looking into a whole school event outside in the early Spring on school grounds. (Andrew taking lead)	March 17th Meeting	Nutrition Month	STAFF WELLNESS: • 1st 3pm Afterschool Staff "Wellness Wednesdays" March 23: Dodgeball in VM Gym (Andrew), March 30th Yoga in VM Gym (Megan) • Taco Bar Tuesday on April 12th (Megan and KHZ) • Last Friday of Month "Wellness Meeting" on March 25th, 3:15pm at Box Springs BP's STUDENT WELLNESS: • Keep promoting student clubs (Andrew) • (Color Group Committee will meet soon meet about CG events) • Whole School Outdoor Activity: Easter Egg/Scavenger Hunt on Thurs April 14th?? (Andrew and Mitch) • Hats on for Mental Health Day Wed May 4th (Mitch) More info coming PARENT WELLNESS • From the last VM School Council Meeting, parents were asked and shared: ◦ Keep communication with homes strong from the class and admin like during pandemic: FB posts, school monthly newsletter, Class monthly newsletters ◦ The staff has been very welcoming caring and understanding through
		• Posting the Mindful Mondays slides on our VM Facebook page each Monday (Andrew) • Gather Feedback from a few School Council Parents regarding Parent Wellness and ideas to support: (Andrew) • Next Meeting: Monday March 14th, 2022, 2:50pm			the pandemic so please keep this going ◦ Like that kids can free play prior to 8:15am bell ◦ Love student club opportunities and cross class/grade grouping like Reading Buddies ◦ Many likes for Mindful Monday messages and parent opportunities in the community posted on our VM Facebook page • VM Wellness Team presence and slides at Board presentation on May 24th • Next Meeting: Thursday, April 28th



Typical CSHT Meeting Notes & Wellness Plans



Taco Bar Tuesday for Staff Wellness



Primary Kindness Club

Vincent Massey students make Valentines for Meals on Wheels clients

Medicine Hat News

Students in Vincent Massey School's Kindness Club made more than 100 handmade notes wishing Meals on Wheels clients a Happy Valentine's Day. "It's just nice to do some-

thing extra for the Meals on Wheels clients," Nicole Walcer, Meals on Wheels coordinator, who is at the Vincent Centre, told the News.

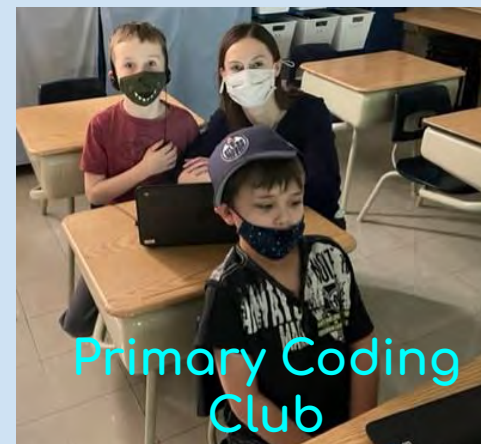
"A lot of them live alone and many of them are kind of sequestered to their home, so it's just a way to

give a little bit extra for them to show we are thinking of them and care. It's also a nice way to include the community."

"It's nice for students having a chance to give something between kids and seniors is super important."

The cards, which were made by students in Grade 1-3, were delivered on and off to a Feb. 11.

"(The recipients) were just surprised to receive it, and we were happy they got something handmade from a child," said Walcer.



Primary Coding Club



Comic Book/Sci Fi Club



Upper Elem Intramurals

2022/2023 Student & Community Survey
sense of belonging, wellness, and relationships

Chess Club



2021/2022 Student Clubs & Extracurricular to boost sense of belonging, wellness and relationships



New VM Raptor Team Name/Logo



Art Club



Hey everyone,

In an effort to continue to keep connecting with each other and boost our sense of wellness and community, we are starting an **optional** Staff Secret Pal initiative.

How it will work:

- If you are interested, complete the attached questionnaire and put it in my mailbox or email it to me by Thursday, October 21st.
- I will then assign you each a Secret Pal, you will get their questionnaire to help you out and the fun can begin!
- The idea is to treat your Secret pal with anonymous random acts of kindness approximately every 6 weeks.
- These can be small things! Buy them a coffee...I'll post the Tim's order list in the staffroom, leave them a note, it shouldn't cost a lot.
- At our end of year staff party - god willing - we will do a guess and reveal!

Let me know if you have any questions 😊



Vincent Massey School Medicine Hat

★ Favorites · February 7 ·

Every Monday our FSLW (Family School Liaison Worker) Ms. Mary, shares mindful tips and tricks about how to practice gratitude, which teachers read on the morning announcements and talk about in class. Ask your son/daughter about what mindful activities they have learned at school today!

MARY'S MINDFUL MONDAYS...

Did you know that it takes HUNDREDS of different people to make ONE movie come to life? Actors, writers, directors, cameras, lights and sound, makeup, costumes, music, visual effects, stunts, and producers to pay for it all!

I am thankful for all the talented people who create books and movies which take me to faraway lands, to meet legendary creatures, experience magic, excitement, and danger - all from the safety of my comfy couch!!

What job would you like to have on a movie set?



Vincent Massey School Medicine Hat

★ Favorites · April 19 at 12:51 PM ·



PARENT EDUCATION

TRIPLE P FEAR-LESS

Six weekly sessions starting April 12

4:00 - 6:00 pm

FREE
Program

kbitschy@memlane.com
587-770-0408

This program will help you learn the skills to **conquer anxiety** with your children (6-14).



Alberta

Provincial Family
Resource Networks

Bridges Parent Education

April 4 at 9:00 AM ·

Anxiety is something that every one struggles with at some time. This program offers strategies and information to parents so that they can help their children to manage anxiety. Register for free here: <https://forms.gle/fKwB3AmznE2f25b6>



A few Other Staff, Student, and Parent/Guardian Wellness Initiatives:

- VM Staff "Secret Pal" initiative
- FSLW Mindful/Gratitude posts each Monday on Announcements & also on our VM Facebook Page
- Parent/Family Wellness community opportunities and workshops on our FB page



Ross Glen Comprehensive School Health and Wellness Team

Background information: Data collected through Engagement Data, OurSchool Survey, school PD activities led to our 2 school goals of literacy and wellness.

To what extent can our focus on the wellness of students and staff contribute to the overall sense of wellbeing at Ross Glen School?

Strategies:

- Comprehensive School Health Team and School Wellness Team
- Motivational activities with Nick on announcements
- Connection among peers and adults (learning buddies and school activities)
- Exemplary Students- recognize positive traits
- Student Leadership



Ross Glen Comprehensive School

Health and Wellness Team

Purpose:

1. To foster meaningful connection between students, peers and adults in our school community.
2. To encourage meaningful connection between staff members.
 - a. To provide strategies and structures to support staff and students to help support coregulation

Committee Members: Jaymi Roth (Gr. 5), Kyla Paynter (Wellness and literacy), Kristine Fuerst (Gr. 3), Nick Paquin (FSLW), Kassidy Suberlack (HUG), Ashton Weisgerber (admin), Natosha Mastel (admin)

Committee meets every 6 weeks- celebrations and develop plans

Data is recollected in the spring through Engagement Data, OurSchool Survey and school initiated feedback activities



School Comprehensive Health/Wellness Team Meeting Minutes

Purpose:

1. To foster meaningful connection between students, peers and adults in our school community.
2. To encourage meaningful connection between staff members.
 - a. To provide strategies and structures to support staff and students to help support coregulation

Agenda- October

Wellness Committee Members: Jaymi Roth, Kyla Paynter, Kristine Fuerst, Nick Paquin, Derek Whitson

🎉 Celebrate wins

- Inside out week was well received by students and staff. Students enjoyed the videos and dressing up in colours to show their emotional awareness.
- Our wellness crew ROCKS.

🗨️ Discussion Points

1. Monthly division plan: use this to guide planning of activities for the Ross Glen School community.

🗨️ Plans to Implement

- World Kindness Day: November 13th
 - November 1: Kindness bingo card - assignment in Google classroom, students will each receive a kindness bingo card, being challenged to fill in the whole card during the month of November. As students complete their tasks they

will cross/mark them off, if they complete the whole card they will be entered into a draw.

- November 5: Pajama and Read aloud day - Kindness feels comfy
- November 8: Random act of Kindness day - Cookie and coffee day (kindness is caring).
- TOP SECRET VIDEO MISSION
- Woven Heart: have students create woven hearts to decorate our school fence, this can be a display appreciated by students, staff and community members to share some positivity (Kindness keeps us going phrase attached).
 - Completed in class with Kyla during Wellness time (November 1-5)
- December Spirit Week:
 - December 13: Red and green day
 - December 14: Christmas headgear day
 - December 15: Christmas sweater day
 - December 16: Christmas socks day
 - December 17: Pajama day

✅ Next Meeting Agenda

- November 25, 2021: 3:00 Room 15

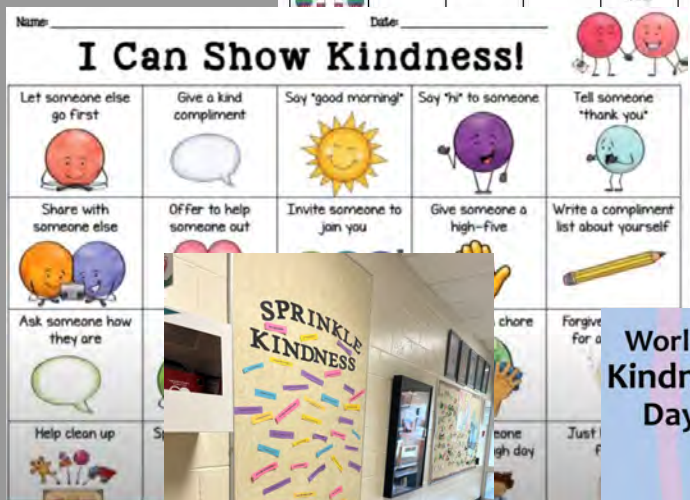


Ross Glen Comprehensive School

Health and Wellness Team

Student Activities

- Inside Out Week ([daily video](#) [anger](#) /stories to align with the emotion (colour of the day)
- Kindness Cards (November-Kindness Month)
- Spirit Weeks (Christmas/Spring Break)
- Spring Break Activities
- Assemblies with focus topics such as gratitude



World
Kindness
Day



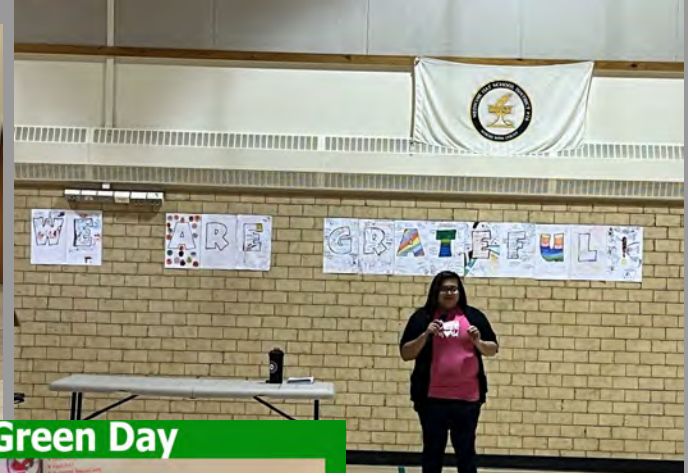
Thanks
for
being
a
friend



Ross Glen Comprehensive School Health and Wellness Team

Student Activities

- Spirit Weeks (Christmas/Spring Break)
- Assemblies with focus topics such as gratitude





Ross Glen Comprehensive School Health and Wellness Team

Staff Wellness

Staff Activities

- Baking Exchange
 - Secret Santa
 - Christmas Party
 - Wheelchair Basketball
 - Wellness BINGO
 - Staff Lunches on PD Days
 - End of the Year Party
- Weekly Google Form for celebrations (shout outs are shared in next Weekly Update)
 - Made it through the month cart
 - Charcuterie trays (individual) before conferences
 - Wellness PD Day
 - Staff Easter Eggs
 - High Five Friday
 - "Let's TACObout How Amazing You Are" lunch
 - Thank a Teacher Thursday (from Student Leadership)