



SCHOOL WELL-BEING COMMITTEE

VISION: Our Catholic school is a safe and healthy place of equity, inclusion, and diversity.

MISSION: We are called and committed to creating, nurturing, and sustaining, positive, supportive, learning environments for all by working collaboratively:

- To raise awareness about mental health, equity and inclusion, safe and healthy schools.
- To reduce stigma for students and staff.
- To increase comfort level among students in discussing sensitive issues with staff.
- To help students develop healthy coping strategies when faced with challenging issues.
- To educate students and staff about accessing help-seeking resources and peer to peer supports.

RECOMMENDED COMPOSITION OF WELL-BEING COMMITTEE:

- Principal
- Parent (s)/ Guardian(s)
- Teacher(s)
- Non-Teaching Staff Member (i.e. Educational Assistant, Early Childhood Educator, Caretaker, Secretary, Student & Family Counsellor)
- Student(s)
- First Nation, Métis, Inuit Rep
- Community Member (i.e. Mental Health nurse, Public Health staff, Algoma Family Services staff member, Police liaison officer)
- Parish priest or designate
- Catholic School Council Member
- School Volunteers

FREQUENCY OF MEETINGS:

- A minimum of 4 meetings /year.

MANDATE OF COMMITTEE:

To focus on the whole child and ensure every student feels safe, accepted, valued and cared for.

The committee will use the "*Tell Them From Me*" survey results to guide and inform the action plan.

SUGGESTIONS TO CREATIVELY INTEGRATE IN THE ACTION PLAN:

- Meditation/Yoga in the classroom (contact Mental Health Lead for name of person)
- Use of drum beats instead of a bell to signal transition times
- Student/staff presentations
- Parent Information Nights with Community Speakers
- Integration of mental health awareness into other subjects such as Religion, Science, Health (contact Mental Health Lead)
- Daily Physical Activity (DPA) and connection to Health
- Poster Contests, P.A. announcements
- Safe Talk Training for students/staff

RESOURCES

- Bounce Back Manual
- C.O.P.A. (www.infocopa.com)
- Foundations for Healthy Schools
- Harmony Movement (Educator's Equity toolkit) educator@harmony.ca
- Human Rights in Ontario (www.ohrc.on.ca)
- Leading Mentally Healthy Schools – a Vision for Student Mental health and Well-Being in Ontario Schools (A Resource For School Administrators by SMH-ASSIST)
- Nutrition Tools for Schools