A stylized, colorful illustration of a landscape. The foreground features rolling green hills with a brown path. On the left, there is a green tree, a purple flower, and an orange flower. A small red bird is flying in the sky. The background consists of layered blue and white wavy bands representing the sky.

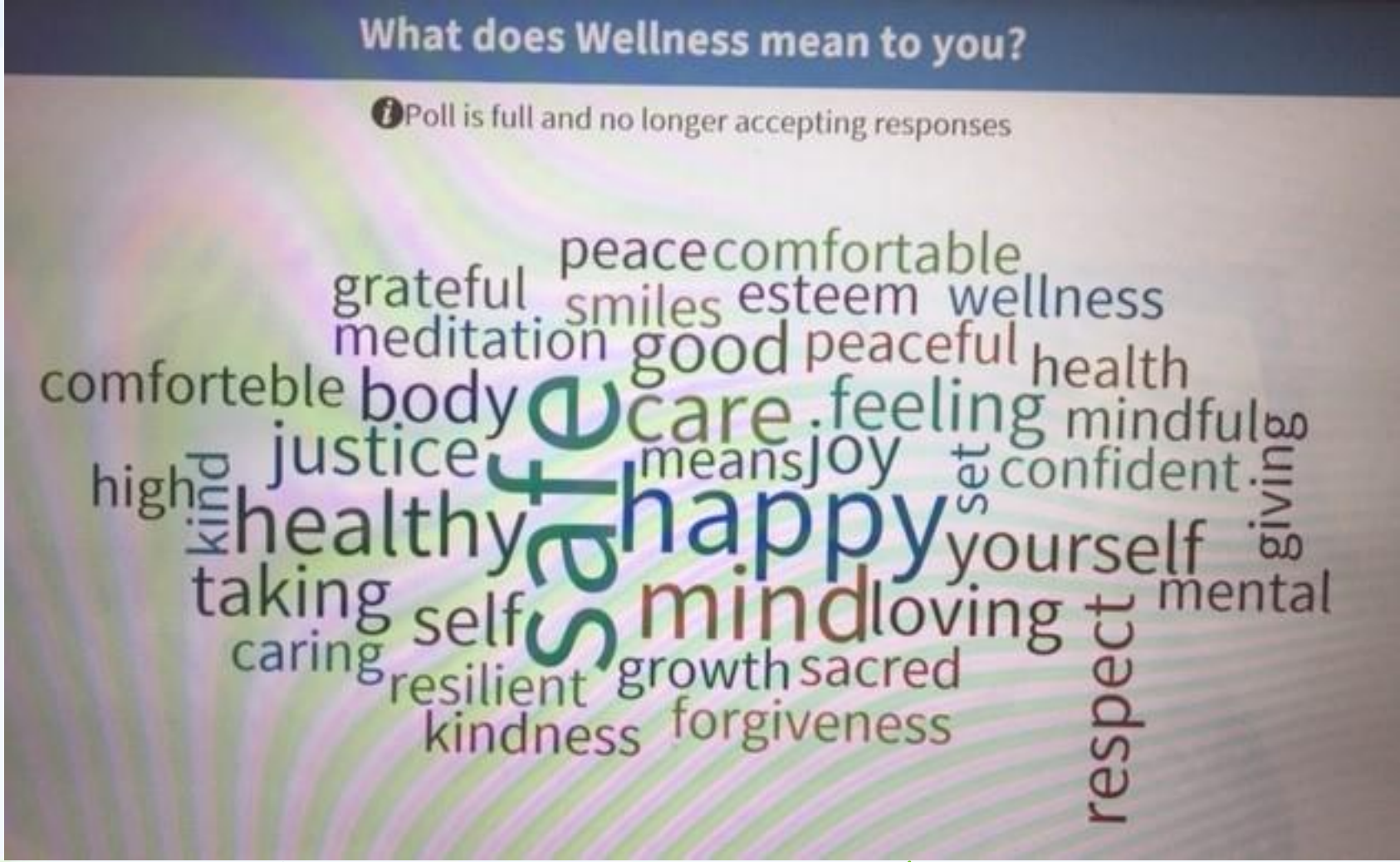
Lumen Christi Safe Schools Meeting #2 - Wellness

Friday, January 18, 2019

Agenda

- *Recap from November Safe Schools*
 - *Random Acts of Kindness*
- *Focus Topic: Wellness*
 - *What is Wellness?*
 - *What does the Research Say?*
 - *What are the needs of Lumen Christi*
 - *Wellness Week: January 28 -30th*

What does Wellness mean to you?



To respond: <https://pollev.com/amyrobinson180>

Research Highlights

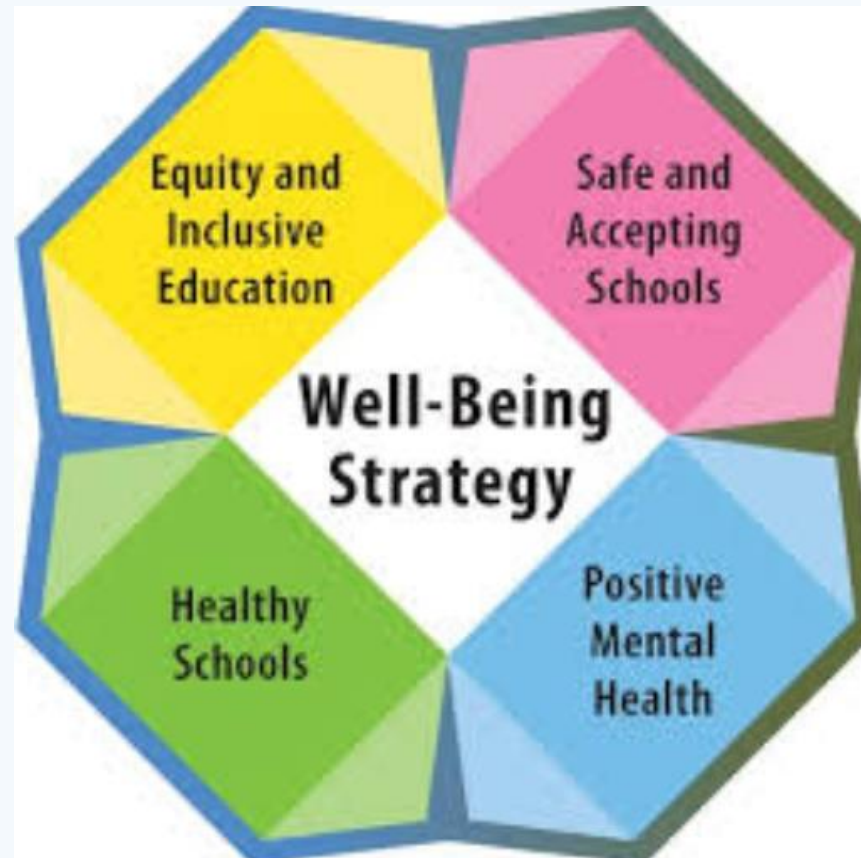
- *Programme for International Student Assessment (PISA) 2015*
 - *Importance of sense of belonging*
 - *Positive relationships with staff*
 - *Canadian 15 year-olds were among the countries reporting above average levels of test anxiety*
 - *Impact of parents spending time talking with their children*

Research Highlights

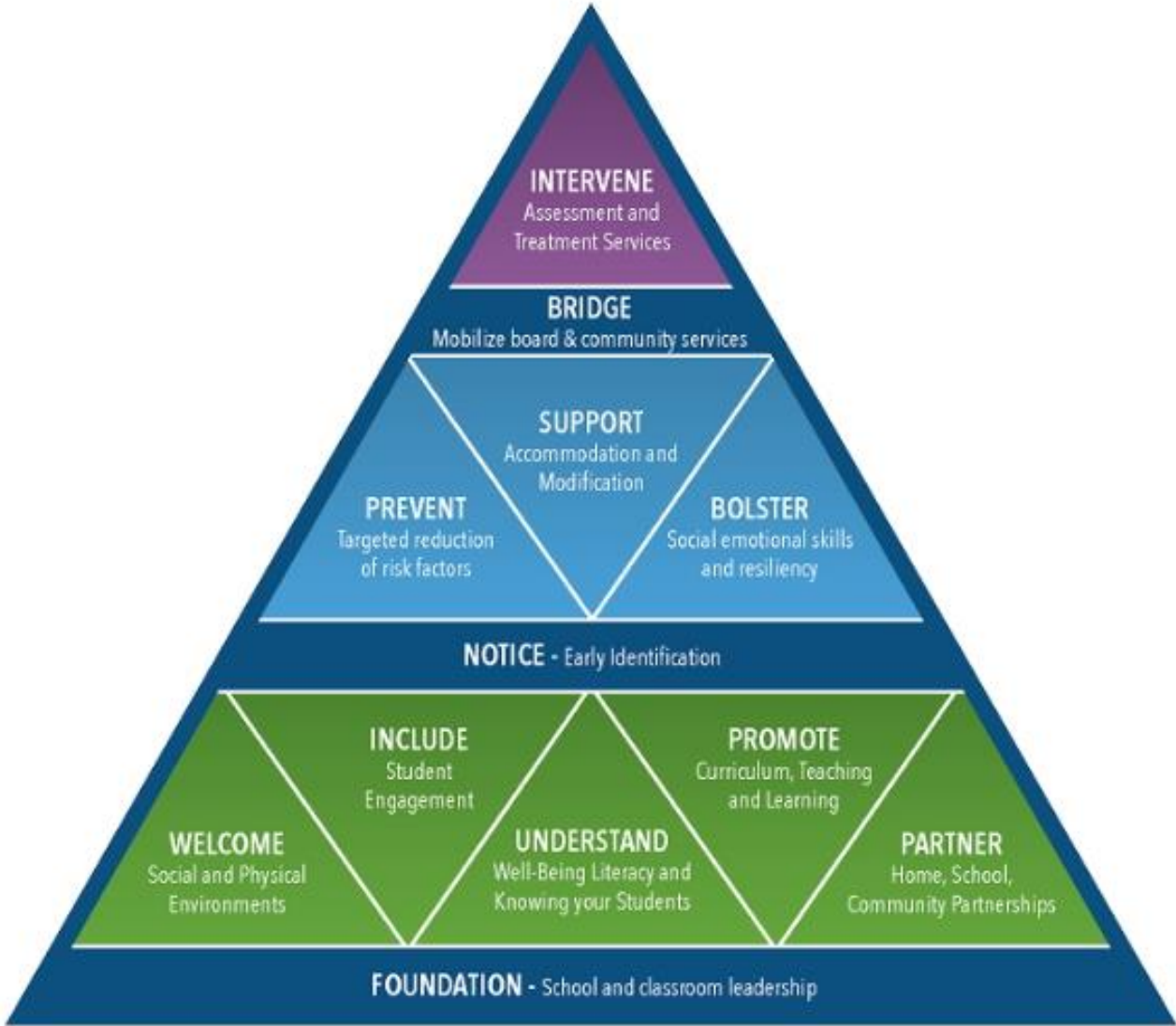
Students (and teachers) who maintain positive mental health and experience a sense of well-being feel:

- a) able to cope with adversity;*
- b) physically well, nourished, and active;*
- c) safe;*
- d) included, valued, and supported at home, school, and in the community;*
- e) competent and able to participate in productive activities; and*
- f) confident that others care about their well-being*

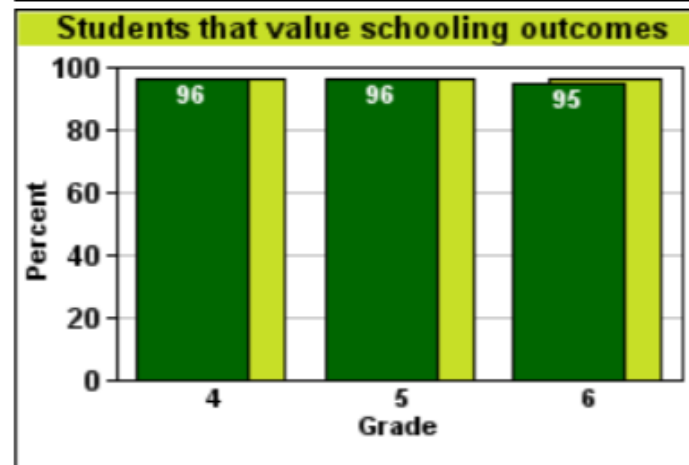
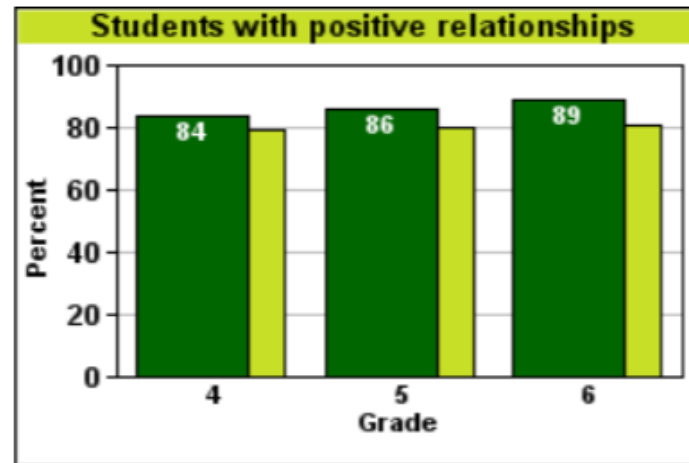
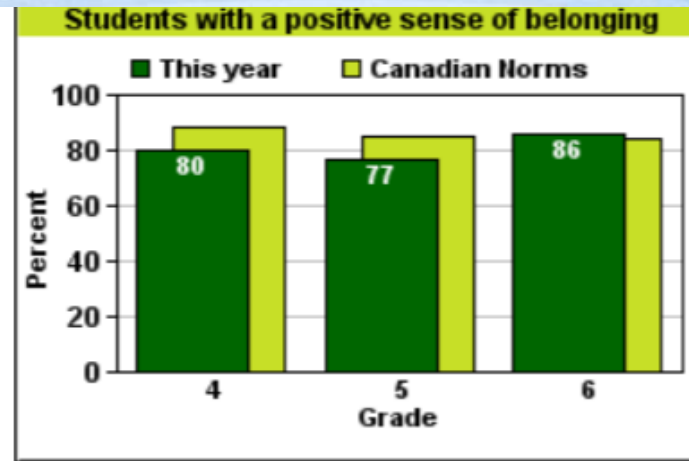
Ontario's Well-Being Strategy



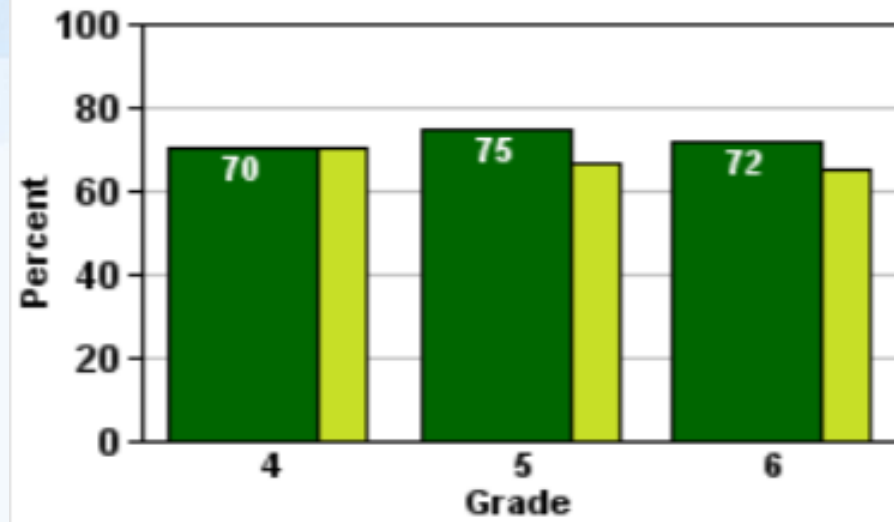
Aligned and Integration Model (AIM) for School Mental Health and Well-Being



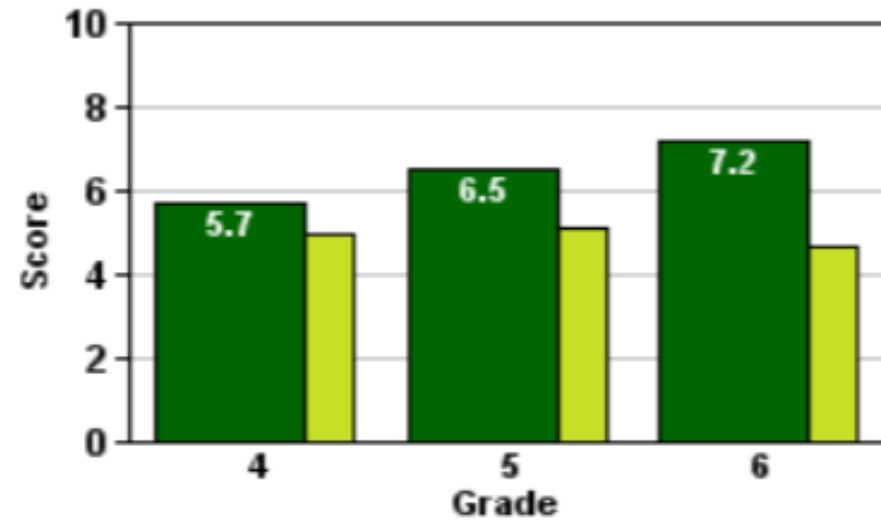
Tell Them From Me/
Our Schools Survey
2017-2018
Grades 4, 5, 6



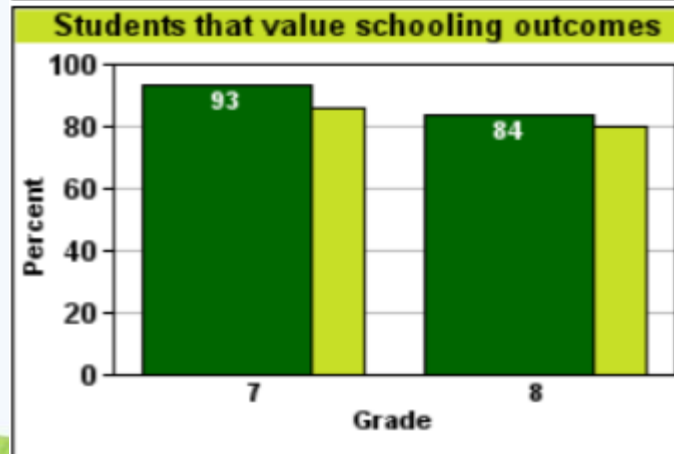
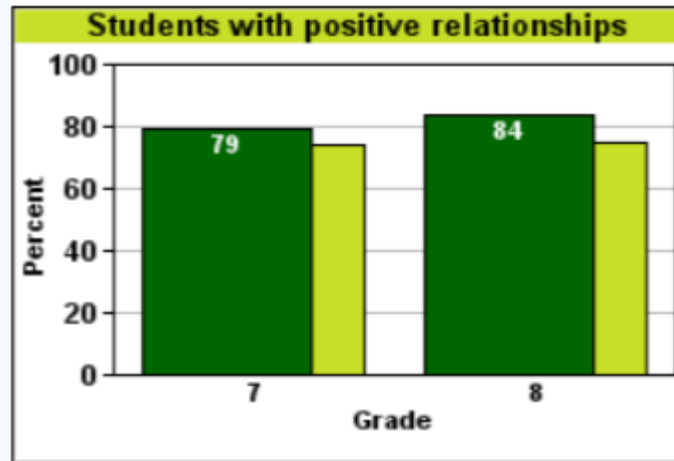
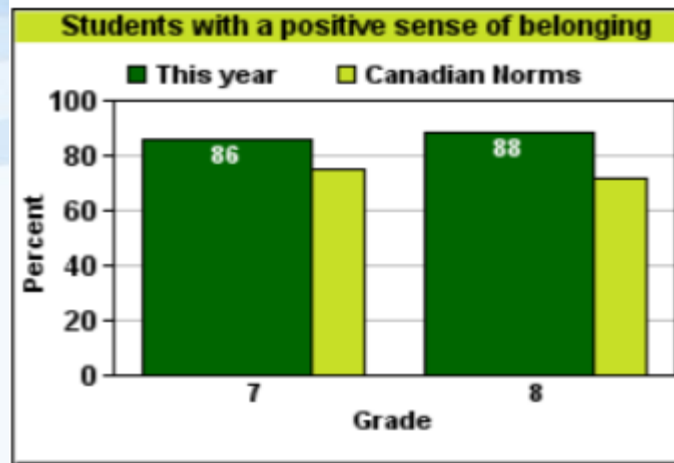
Feel safe attending this school

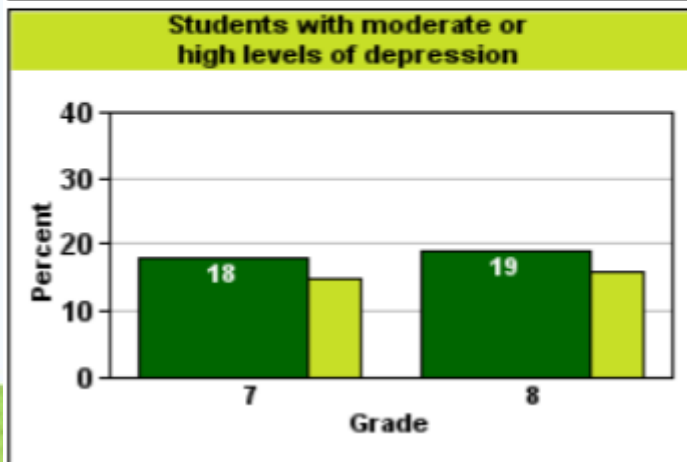
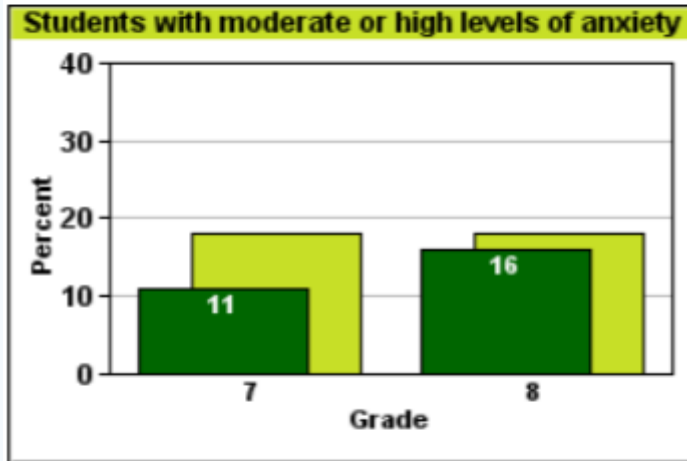
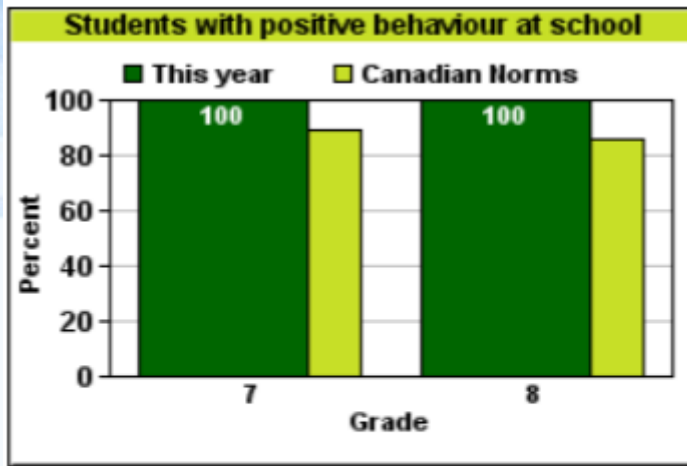


Advocacy at school



Tell Them From Me/
Our Schools Survey
2017-2018
Grades 7, 8





Ways We Are Meeting the Mental Health and Wellness Needs at Lumen Christi

Brainstorm activities/clubs/initiatives/events

- *Flag football (to start)*
- *Kids Night In/Girls Night In: This year You Be You Night happening in April *Include parents for parent breakout session*
- *More groups and clubs (e.g., Art club, craft club)*
- *Running club in Spring (Gr. 4-8): individualized goals*
- *Feeling club (involving Safe Schools and CYC) could address stress/anxiety [Zen Zone]*
- *Primary grades intramurals with JV student leaders*
- *PALS student leaders for primary students*
- *Games club for primary students*
- *ECO team will be offering workshops: Reuse Clothing*
- *Grade 7 and 8 Mentors for younger students*
- *Grade 4 Christian Meditation/ Mindfulness*
- *Christian Meditation backpacks*
- *Bell Let's Talk*
- *Weekly Wellness Home Challenge*

“Schools have an important role to play in the promotion of well-being, prevention of student mental health concerns, and early intervention with those students who may be struggling.”

[“Nurturing a Positive Sense of Self, Spirit and Belonging” *Principal Connections*,
Fall 2017, Vol. 21, Issue 1]

Next Steps

- *Actionable Items*
- *Next Committee Meeting Date*