PROMOTING HEALTHY LIVING

COMMUNITY ENGAGEMENT

- Connection between available community resources and student engagement in order to enhance well-being and mental health
  - What community resources are available to support and address mental health and well-being for all student
- How do we distribute information? Student committee? Parent Council? Provide instructional day time?
  - What promotional items/opportunities would be required to connect with families?
- Promote community activities to become engaged and involved. When you are invested in a community and feel a sense of belonging your sense of isolation and loneliness diminishes. Positive effects on mental health?
- Family Fit Nights?
- Campaigns? Blitz?

INCUSIVENESS

- Safety for All
- Advocacy for self or on the behalf of others
- Are there other strategies and initiatives we should be encouraging and supporting, within the Health and Physical Education Program, that specifically address the unique challenges that students with disabilities face, in terms of mental health and well being?
- How do we encourage a sense of ownership, balancing and monitoring, as well as talking/communicating about for students of all abilities?
- How do we positively promote healthy living, more specifically mental health and wellbeing, with students who have a disability?

DIFFERENTIATED INSTRUCTION and UNIVERSAL DESIGN

- Access to Curriculum - equal access/equal outcomes
- Safety for All
  Accommodations/Modifications
  Adaptive Equipment/
  Environment/Rules
- Available supports and resources? Human? Financial? Community? Equipment? Knowledge? Experience?

The Ministry of Education in Ontario in 'Achieving Excellence: A Renewed Vision of Education in Ontario' released April 2014 states: "Children and students who have a strong relationship and a positive sense of self- and who can understand and manage their own heath and emotions - are in a better position to reach their full potential in the future. Their sense of well-being supports their learning because it makes them more resilient and better able to overcome challenges. Ontario's education system needs to help students build the knowledge and skills associated with positive well-being and become healthy, active, and engaged citizens."

The W.H.O. defines mental health as "a state of well-being in which every individual realizes his or her potential, can cope with normal stressors of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

How do we create a school environment that supports the well-being and resiliency of all of our students and recognizes the link between mental health, nutrition, physical activity, personal safety, well-being and achievement?

MENTAL HEALTH

- Connection between Well-Being and Community Involvement
- Promotional Campaign? Bullying Awareness? Bell Let's Talk campaign? Digital and Media Literacy Resources?
- Mental Health Minute on announcements???
- What are the mental health consequences of NOT providing opportunities to be active?
- Opportunities to decompress or release energy during instructional time?
- Mindfulness activities in classrooms
- Strategies to address emotional health and well-being of students while not being therapist or SSC
- What are the benefits of physical activity on mental health? What is the correlation between physical activity and a positive sense of self?

WELL-BEING?

- Connection between Well-Being and Mental Heath
- Connection between Well-Being and Personal Safety

PERSONAL SAFETY

- By increasing positive engagement in recreational/extra-currricular activities, what is the correlation between positive mental health and a positive sense of well-being
  - How do we make connections with local recreational organizations to promote engagement/participation in recreational activities (athletic or otherwise) i.e. The Boys and Girls Club model
- Do we promote physical activity as a method to decrease engagement in risk taking behaviours?
- Connections between healthy active living and positive health
  - Decrease in engagement or participation in risk taking behaviours?
  - "If I am too busy committed to my team or group, then will I have the time or desire to participate in risk taking behaviours?"
  - Promoting engagement in extra-curricular activities?

NUTRITION

- Connection Between Well-Being and Nutrition
- Connections between nutrition and academic success - How do we promote the link?
- Public Health Unit promotional packages
- connections with local food banks/local stores to provide nutritional meals/snack
- Eat Better - Feel Better campaign
  - How do we promote connections between healthy food choices and creating a positive sense of self? Class competitions? Awareness campaigns? Promotional posters?
  - Nutritional theme days?
    - Colour Food Days?
    - Food Group Theme Days?