

MIND • BODY • SPIRIT
BEING WELL

2024-25 One Year Action Plan

Being Creative

We will employ assessment for, as and of learning to know our learners so that we can make informed and intentional instructional decisions to support ongoing academic, personal, and social growth for all.

- Student Engagement providing opportunities for students to support the creation of identity affirming spaces to learn
- Parent/Caregiver Engagement providing learning for families around mental health and education throughout the year
- Staff Engagement learning in conjunction with program, special education and equity around identity affirming mental health for students and themselves
- Resources include Mental Health Lit for Students, School Mental Health Ontario resources for families and caregivers

Being Well

We will cultivate non-judgemental communities where everyone's strengths, stories and well-being are nurtured by actively fostering meaningful relationships to ensure inclusivity and dignity for all.

- Leading Mentally Healthy Schools 2.0 resource promotion in schools
- Relationship Based Education to continue to embed practices to promote relationship building in schools with a trauma informed lens ie The Third Path, Restorative practices
- Engaging in continued learning for staff building on opportunities for mental health literacy in the classroom such as grade 7, 8 and 10 curriculum resources, coping strategies, Mental Health Lit for secondary, Faith and Wellness Practices from School Mental Health Ontario and other tier 1, good for all strategies

Being Community

We will all contribute our gifts to foster belonging and engagement through listening and sharing with vulnerability and intention.

- Prepare Prevent Respond (PPR) training for suicide awareness and stigma reduction
- Continued work on System Pathways in conjunction with Community Partners developing a collaborative and streamlined system of care for students using principles of Right Time Right Care, ensuring students can access services when needed, where needed in a timely manner
- Continued engagement on belonging for all students (identity affirming practice) in collaboration with Indigenous Team, Equity Team and Special Education with the goal of all students seeing themselves in the school community