



Lakeview Elementary School Priority Plan 2022-2023

Mental Health and Well-being Interim Priority

The plan identifies an urgent need to address the Mental Health and Well-Being (MHWB) of staff and students in response to the COVID-19 pandemic and notes that the COVID-19 pandemic situation has exacerbated mental health concerns. It seeks to establish planning within school systems to implement high impact strategies through professional development, community collaboration and classroom or staff support.

Goals to be address in long-term MHWB planning:

- Staff and students are welcomed and included and feel a sense of belonging and caring at school;
- Staff and students learn skills that help them identify emotions and cope with stress;
- Staff and students learn about Mental Health and know when and how to ask for help;
- Students receive timely and responsive evidence-based prevention and early identification services at school; and,
- Students and families know where to turn for more intensive support when needed

(Source: School Mental Health Ontario)

Deliverables	Actions	Timeline	Resources
1. LES will develop a plan to address the added pressures on MHWB as a result of the pandemic	1.1. Assess student mental health needs and map organizational resources and strengths	May 2022	OurSCHOOL survey results Data from community partners
	1.2. Team of 10 to attend Mental Health Symposium in Saskatoon; same team attend Summit in Edmonton in November 2022 <ul style="list-style-type: none"> • Lakeview has two team members 	May 2022 Nov. 2022	Sask. Advocate for Children and Youth 2022 Report Trends from counsellors
	1.3. Trauma-Informed Classrooms <ul style="list-style-type: none"> • Morning Meetings /Sharing Circle (Metis Core Values) K-4 • Calming Corner K-4 (Medicine Wheel) • FOCUS on Self-Regulation (Pre-K) • Second Step -K-Gr. 4 • Following Their Voices 	August 2022-ongoing	FTV Facilitator & survey results Second Step resource Calming corner with medicine wheel visual in each classroom

	<p>1.4 Student Mental Wellness Services</p> <ul style="list-style-type: none"> • NWSD Counsellor • Wellness Coordinator Mentoring Services • Administrator Mentoring Service • Social Skills Groups • Elder visit once per month <p>1.5 School based MHWB School Based team</p> <ul style="list-style-type: none"> • Dawn Paylor, Amanda Pockrant, Seleste Eftoda & Nicole Munroe <p>1.6 Staff Assistance Program</p> <ul style="list-style-type: none"> • STF Counsellors • SHA- Mental Health Services • Private counselling/therapy • Not Myself Today – Canadian Mental Health Association 	<p>August 2022-ongoing</p> <p>June 2022</p> <p>Ongoing</p>	<p>FTV Literacy Model Connections-morning meeting, sharing, group activity, morning message</p> <p>Not Myself Today – Canadian Mental Health Association</p>
<p>2. Professional Learning and Training</p>	<p>2.1 Professional development for staff in Mental Health Literacy and Workplace Wellbeing</p> <ul style="list-style-type: none"> • Learn Mental Health Literacy-Building Your Mental Health Literacy • Trauma-Informed Resilient Schools <p>2.2. Professional development for MHWB School Based Team in Mental Health Literacy and Workplace Wellbeing</p> <ul style="list-style-type: none"> • Canadian Health School Standards 	<p>2022-2023</p> <p>2022-2023</p> <p>2022-2023</p>	<p>Learn Mental Health Literacy-Building Your Mental Health Literacy 2021-2022 PD Hub Mental Health Modules</p> <p>Trauma-Informed Resilient Schools 2021-2022 PD Hub Mental Health Modules</p> <p>Canadian Healthy School Standards Manual</p>

	<ul style="list-style-type: none"> • Book Study/Jam Board <u>Help for Billy: A Beyond Consequences Approaching to Helping Challenging Children in the Classroom</u> by Heather T. Forbes <p>2.2. Professional development for the Administrative Team in Mental Health Literacy and Workplace Wellbeing</p> <ul style="list-style-type: none"> • Childhood Trauma Finding a Way Through webinar • <u>Coaching for Educator Wellness</u> by Tina H. Boogren • <u>The Well Teacher</u> by Wade Repta 	<p>June 2022</p> <p>Summer 2022</p>	<p><u>Help for Billy: A Beyond Consequences Approaching to Helping Challenging Children in the Classroom</u></p> <p>Institute of Child Psychology <u>Coaching for Educator Wellness</u></p> <p><u>The Well Teacher</u></p>
<p>3. Staff will create a culture of well-being at Lakeview Elementary School</p>	<p>3.1. Physical-When staff are stressed, they are more likely to sacrifice healthy behaviours</p> <ul style="list-style-type: none"> • Encourage healthy behaviours by ensuring manageable work expectations (clear priorities on what is expected, provide PLC time, staff meetings only when necessary, utilize other forms of communication) <p>3.2 Cognitive-Work overload can negatively impact job satisfaction</p> <ul style="list-style-type: none"> • Develop a schoolwide well-being plan that fosters autonomy and purpose (PLCs, develop well-being vision, collaborative leadership, build self-efficacy, celebrating work of teachers) <p>3.3 Emotional-Negative feelings shut down learning and strain relationships with colleagues and students</p> <ul style="list-style-type: none"> • Create positive atmospheres to spark creativity, problem-solving, and cooperation (FTV huddles, value efforts of staff, open lines of communication, social-emotional learning) <p>3.4 Social-Lack of social support and sense of belonging create a stressful and isolating work environment</p> <ul style="list-style-type: none"> • Build strong social networks (social/wellness committee to promote NWSD Live Well initiative) 	<p>Ongoing</p>	<p>Well at Work-EdCan</p> <p>Adverse Childhood Experiences video</p> <p>Not Myself Today</p> <p>Teacher Fan Club Podcast</p> <p>NWSD Live Well materials</p>

4. Share school plans and celebrate successes	4.1. Plans will be posted to school website 4.2. Share and celebrate successes throughout the year on social media, newsletters, WC check-ins and at the end of the year with admin via mini- NWSD symposium	June 2022 April 2023	MHWB plan
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