

# Sample School

2025 | Great job team!



## Our team included:

- Students
- School Staff
- Principal/Vice-Principal
- Parent(s)/Caregiver(s)
- Community Partners
- Elder/Knowledge Keeper

## Empowering Students in Healthy Schools

Students took charge in our Healthy Schools journey, leading meetings and activities. Staff and parents supported by mentoring and providing feedback, while community partners offered resources.

## Diverse Voices, Strong Team

Our team united students from various backgrounds, ensuring inclusivity and creativity. Staff and parents contributed insights, while Elders provided cultural guidance for meaningful activities.



## Goals for Student Well-being

By winter, 70% of students felt more comfortable discussing emotions. By year-end, 80% aimed to adopt healthier tech habits, as shown in feedback forms.

## Insights on Student Wellness

Surveys revealed students needed better mental health support. Parents noted tech overuse affected sleep and focus. Our team planned activities to address these issues.



## Key Focus Areas

We focused on enhancing mental health support and promoting healthy tech habits among students.

## Collaborations for Success

Our Local Health Unit and Diversity Club were vital in shaping inclusive wellness activities. Staff and parents with tech expertise helped promote mindful tech use.

## Student-Driven Action Plan

Students led our Action Plan, sharing ideas and feedback. We collaborated with clubs to align goals, ensuring a student-driven approach.



## Reflecting on Our Journey

We reflected on our activities, involving students, staff, parents, community partners, and Elders, ensuring a holistic approach to wellness.

## Inclusive Activities for All

Our activities, like Morning Check-Ins and Wellness Center, fostered belonging and supported mental wellness. Digital Workshops encouraged safe online habits and peer connections.

## Engaging Wellness Initiatives

Morning Check-Ins and the Wellness Centre supported mental health. Workshops on digital habits, and Tech-Free Days promoted focus and interaction.



## Impact of Our Efforts

Emotional check-ins increased comfort in discussing feelings. Digital Wellness Workshops improved awareness of healthy tech habits among students.

## Lessons Learned

Student-led activities were engaging and relatable. Partnerships with clubs and organizations enriched our programs, fostering inclusivity and expert guidance.

## Future Plans

We aimed to expand partnerships and increase parent involvement to enhance our programs, building a more connected school community.



Together, We Celebrated Our Healthy Schools Journey!