

MIND • BODY • SPIRIT
BEING WELL

2025-26 One Year Action Plan

Being Creative

We will engage in evidence based pedagogical practices to understand our learners so we can make informed and intentional decisions to support ongoing growth for all.

- Student Voice - opportunities to engage with students and staff to create collaborative learning experiences. (ie student summit, student groups)
- Student Engagement - providing opportunities for students leadership 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 departments 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 such as the By Your Side Parent Resources
- Engaging in continued learning for staff building on opportunities for mental health literacy in the classroom such as grade 6, 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 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.

- Continue to support school teams to embed practices to promote relationship building in schools with a trauma informed lens ie The Third Path, Restorative practices
- Leading Mentally Healthy Schools 2.0 resource promotion in schools (year long plan)
- Supporting Tier 2 groups in expansion throughout the board

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 expanded to additional staff
- Engage in community planning to establish a 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 in collaboration with community partners
- 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 (eg faith and children's mental health week collaboration)