

Spotlight on Health & Safety



January Safety Message – Mental health and wellness

In order for us to learn and be our best, we must feel and be well. We feel we have a great opportunity to not only academically educate our students, but to support, guide, and teach them to honour their mental health and wellness and we support this in a number of ways.

Every PRSD school has a Youth Education Support Worker/Success Coach who provides support with various aspects of mental health and wellness. The role of PRSD's Youth Education Support Workers/Success Coaches is to promote positive mental health in children, youth and families while working closely with school staff. This ranges from presentations, activities and programming that supports problem-solving, emotional management, targeted topics, skills for learning, adolescent empowerment, healthy relationships, mindfulness, teamwork and leadership. This model has been recognized on a national level.

New to the division this school year is the addition of two social workers who provide extra and targeted support for students and staff throughout the division. PRSD's Success Coach/Youth Education Support Coordinator and Assistant Superintendent of Learning Supports oversees and supports our mental health-based staff in their roles.

We recognize that healthy eating and active living are also important components to positive mental health and wellness. We support this through education, encouraging healthy canteen and vending machine choices, and expanding physical education activities in our schools. We also encourage and support our students to be leaders, to get involved in the community and work together as a team – these are attributes that instill confidence, a sense of belonging and create a greater sense of purpose and inner joy.

Safety Advisory Committee