

Spotlight on Health and Safety

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A safe and caring learning environment supports positive behaviour choices and personal wellness. By learning and practicing appropriate academic, social and behavioural skills students are able to begin assuming a positive role within their schools and their communities. Student success is enabled through teaching these appropriate behaviours and social skills and then expecting students to practice them in all aspects of their lives. We want to ensure that nothing stands in the way of student success and to do this we need to work together.

Children don't always know how to act in ways that best demonstrate and reinforce positive behaviour. PRSD has implemented several programs in schools such as *Lion's Quest*, *Dare to Care*, *BullyBeware* and *Random Acts of Kindness* that are intended to teach and encourage positive behaviours. Outside of the school environment family, community, and a variety of other social factors all impact behaviour choices. When home, school, and community successfully work together to provide programming and support the greatest possible outcomes are achieved.

Teach, model and expect. Consistently demonstrate what your expectations are, and remember that it is essential to listen and to communicate and acknowledge worthy behaviour. Resources are available that can provide valuable information on mental health, eating habits, physical activity, injury prevention and bullying. It is also important to recognize that the process may take time and that different students need different supports.

<http://www.lionsquest.ca/>

<http://www.bullybeware.com/>

<http://daretocare.ca/>

<http://www.albertahealthservices.ca/info/Page2909.aspx>

Learning positive behaviours that promote wellness and healthy relationships provides students with life-long skills. Our goal is to have students who will choose to do what is right because it is the right thing to do, not because they are being rewarded or watched.