



**STUDENT HEALTH AND  
WELLNESS**

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**MAY 8**

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# RESOURCES IN THE SCHOOL



- Homeroom Teacher
- Buddies
- Hawks Spirit
- [New Curriculum : PEW](#) - Physical Education and Wellness - Kindergarten - Gr 6
- Gr 7-9 - [Health and Life Skills](#)
- School Counselor
- Divisional Psychologist



HEALTH DAYS: GR 7-9

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MR LYGO

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The logo for the school's mascot, the Hawks, features a stylized hawk silhouette in flight above the word 'HAWKS' in a bold, red, outlined font.

# HEALTH DAYS – WHAT ARE THEY?



- Organized by the school Health Lead, Health Days are whole-day events for our junior high students that are focused around one big topic or several related topics from the [Health & Life Skills Program of Studies](#).
- Instead of following their regular timetable, students move with their homeroom class through a number of separate sessions that focus on different outcomes from the Program.

# HEALTH DAYS – WHAT ARE THEY?



- These sessions look different depending on the topics being discussed, but may include traditional classroom instruction from Graminia staff, presentations or seminars from outside experts, or PE/movement blocks.
- Some aspects of these days are strictly participation- or attendance- based, while others may have a “graded” component
  - Eg. presentations from Saffron Centre about healthy relationships vs. making a cover letter for Career Day

# HEALTH DAYS – WHAT TOPICS ARE CHOSEN?



- There are multiple outcomes from the Program that logically fit together around a bigger topic or theme. These are examples of what each Health Day might focus on:
  - **Mental Health** – Types of mental health disorders, managing stress, positive coping strategies
  - **Healthy Relationships** – Conflict resolution, human sexual health, consent & boundaries, healthy communication & language, cyber safety
  - **Looking Towards the Future** – Career Fair, career research, resume & cover letter, interview skills
  - **Developing Healthier Coping Strategies** – substance abuse, gambling, risky behaviour, self-harm/suicide (Grade 8/9)
  - **Physical Health & Nutrition**

# HEALTH DAYS – WHY?



- There are a number of benefits to approaching the Health & Life Skills program this way:
  - Engaging Outside Experts:
    - booking a presentation or speaker once for multiple grade levels is much easier, more cost effective, and less disruptive than booking multiple times a year, so we can utilize them more often.
  - Relevancy:
    - learning about these topics from School Resource Officers, public health nurses, clinical psychologists, or local community experts provides an important connection to specific career fields, and students take expertise seriously.

# HEALTH DAYS – WHY?



- There are a number of benefits to approaching the Health & Life Skills program this way:
  - Time Commitment:
    - five or six Health Days spread across the year allows you to tackle topics in one sitting and stay engaged. Many topics are more difficult when approached once or twice a week across a month (for example) in a traditional Health class.
  - Continuity and Consistency of Programming:
    - by having whole topics organized by the Health Lead, as opposed to each homeroom teacher, the learning is more consistent and in-depth, with more connection across grades.



# HEALTH DAYS – WHAT ABOUT HEALTH CLASS?



- With this number of Health Days, there is still the need for a weekly Health class to cover some of the other outcomes that don't really fit well into one of the Health Days, or to cover information as a lead-up or follow-up to the Health Day.

# HEALTH DAYS – RESOURCES



- The resources we use come from a variety of sources. Many are developed by AHS, while others are provided from our outside experts or developed by the Health Lead when specific resources don't exist or don't make sense for our school/grade level.
- The outside experts/speakers/agencies that we invited to present this year are all well-known, regularly work with schools, were pursued on recommendation from community members, and/or were found through research by the Health Lead. The Health Lead and admin work together to ensure that any outside presenters are a good fit for the topic, Program of Studies, and our school.



SCHOOL COUNSELOR

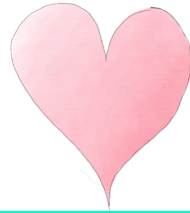
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MS HEE

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# SCHOOL COUNSELLOR ROLE



# WHY SEEK OUT COUNSELLING?

academic stress  
social challenges  
family issues  
emotional difficulties

I provide a safe, confidential  
space for students to build  
resilience, cope effectively,  
and thrive academically and  
socially

IT'S OKAY IF YOU FALL

APART SOMETIMES.

TACOS FALL APART,

WE STILL LOVE THEM.

# THERAPEUTIC APPROACH

WHO: MISS HEE

WHAT: MENTAL HEALTH SUPPORT & REFERRALS

WHERE: ACROSS FROM THE LIBRARY / NEXT TO MRS  
HOLST'S CLASSROOM

WHEN: MONDAY / WEDNESDAY / FRIDAY

HOW: REACH OUT TO ADMIN, YOUR CHILD'S TEACHER  
OR ME DIRECTLY

MARIANNE.HEE@PSD.CA TO DISCUSS SERVICES



hey.

OPEN DOOR POLICY



# LIMITATIONS

Mental health diagnosis  
Psych Ed Assessment

Counselling for non-students  
Family counselling

Testifying in court or providing  
feedback/assessments for court

Counselling outside of operational hours

Exemption notes

Student consent

Discipline

Issues outside of my scope



**QUESTIONS?**

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