Wellness Meeting #1

September 19th, 2019

Terms of Reference - reviewed

Staff Throw-Downs- feedback- creating a community of care

-October challenge- Challenge all teachers to teach 1 lesson outside

-November challenge-Challenge 10,000 steps every day of the month

-December challenge-Choice in either sending a gesture (participant decides what) of thanks or starting a gratitude journal

-January challenge- Committing to a routine for physical activity that is an enhancement from what you currently do

-February challenge-Have a water bottle with you wherever you go

-March challenge- Nutrition- two shared and prepared meals a week

-April challenge- about connection-being curious/ asking questions in a positive way to someone

AHS – November, January, March and May

Play Charter- can we connect our schools receiving the “wellness grant” to check in with LEYC

**Healthy Work boundaries**------strategies- information overload, what are our expectations, conversations around what is “enough” or “expected” i.e. email after 5 p.m. “what are our work “norms” in our division, “what is “work ethic””, “bridging the generation gap”, extra-curricular programs, “s elf-care is okay”- can a conversation happen with the health champs? social committee? Administrators? Email boundaries (return messages or ?)

Health Champ PL training ideas

* What are the expectations- review roles and responsibilities
* Divisional sharing- elementary, Middle, high school
* What training do they want, how can we support you ?

Nutrition challenge

Katie- Vaping- Lizette- AHS south prevention of e cigarettes, connection between vaping and illness

Evidence based best practice- teacher training, SAPDC November 15th all substance use in schools

Legislation- consultations with health Canada- to have practices align with tobacco, teacher training to give correct messages, provincial tobacco prevention, curriculum aligned, pilot 7-9 health resources related to decision making, peer mentorship pilots, strengthening school policy, tobacco and tobacco like products

Chris Windle- Headstrong October 30- grade 9-10 (addictions and mh stigmas), October 17 cannabis edibles being made available- [www.drugsafe.ca](http://www.drugsafe.ca)

CSART- Opioids don’t discriminate Nov 22-23- Opioid stories, Nov 20 National Addictions awareness