

Lethbridge School District #51
 District Secondary Wellness Coach: 2016 – 2017



Role:

The primary role of the District High School Wellness Coach is to support the work of the high schools Coaches in implementing school wellness projects focussing on Promoting Positive Mental Health. This focus has been determined from data collected by schools, the University of Lethbridge student nurses in their high school practicum placements and counselling data. The District is experiencing high levels of student anxiety, depression and stress, particularly in the secondary schools.

- Meet regularly with the administrator responsible for wellness at each secondary school.
- Identify ideas/strategies that can be shared with the school wellness teams.
- Attend meetings of the Healthy Schools Committee and District Wellness Forums.
- Assist with the preparation of presentations to the Board and/or administrators.
- Work collaboratively with the District Counselling Coordinator and the Associate Superintendent, Instructional Services to support wellness in the schools.
- Work closely with the Alberta Health Services Healthy Promotion Coordinator to coordinate support for the schools.
- In consultation with the Counselling Coordinator, connect with Alberta Health Services Addiction and Mental Health, as appropriate.

Pros:

- The time for professional development was extremely valuable
- Time to work on school-based health initiatives
- Wellness ideas and initiatives were successfully implemented in *host school* and shared with other schools
- Schools are viewing Health and Wellness in a more deliberate and serious manner
- The ability to provide beneficial in-service opportunities to staff

Cons:

- Attaching the position to one school is challenging for wellness coach as school duties often conflict with allocated time
- All high schools have different bell times, cultures, student needs, etc.
- Time allocation during the day isn't conducive to face to face meetings
- E-mail meetings and communication doesn't work
- Attaching the position to a school creates the possibility for inter-school comparisons/conflict
- Too much time spent on fruitless endeavours through lack of direction (overlapping with other initiatives)

Future Recommendations:

- Don't attach the position to a school *OR*
- Rotate positions through the high schools
- More direction needed for the Wellness Coach
- High school initiatives should be embedded into the school day
- Increase Physical Education time in schools



Chinook High School

Health Champ: Victoria Karmali
Admin: Tracy Wong



Goals for 2016 – 2017 School Year

- Celebrate Diversity of the student community at Chinook
- Student clubs to coordinate school activities
- Have permanent finger labyrinths in every classroom

Chinook High School Health and Wellness Culture

- Girls-Only Fitness Classes
- Vigorous (Student Health and Wellness Team) is highly visible
- Staff Health and Wellness PLC meets regularly to discuss Health and Wellness Issues
- Counselling Team is visible
- Weight Room is well used by staff and students
- Mystery Box Food Challenge
- Fine Arts Department often does wellness-related themes
- Planning a Get Outside Challenge
- Vigorous Team makes healthy food for staff
- De-stress zen room provided for students

Main Areas of Concern

- Mental Health
- Drug and Alcohol Awareness
- Nutrition
- Cafeteria food

Physical Fitness Opportunities

Grade 9:

- Year-long phys ed runs every other day for 80 minutes
- Options include: Judo, Sports Performance, Volleyball, Baseball, Dance, Yoga, Hockey, Football

Grades 10 – 12:

- Sports Performance, Judo, Hockey, Dance, Yoga
- PE 20/30 (180 students total)

School:

- Approximately 450 students are involved in sports



Immanuel Christian High School

Health Champ: Roxanne Houweling
Admin: Rob Vanspronsen



Goals for 2016 – 2017 School Year

- Improving food options in the Dairy Bar
- Relationship Building between staff and students activity to determine which students aren't connected to staff in the building.
- Plans to host a workshop by Alison Springer called "Young Women of Power"

ICHS Health and Wellness Culture

- Discussion around standing/stretching breaks
- One teacher uses standing workstations
- Pedometer challenge for the staff with incentive prize of \$100
- A student has made a series of mental health related videos that she has published to YouTube
- Monthly assemblies about mental health – student directed
- Monthly activity where middle school and high school students compete in friendly games and challenges
- Grade 8 Leadership team spearheads staff/student activities (intramurals)
- The grade 8 health team teaches the "Mind Up" curriculum
- Staff discussion around health eating and nutrition
- Cell phone organizers and teaching responsible use of devices
- Mandatory "outside time" for students in grades 6– 8 during their break

ICHS Main Areas of Concern

- Mental Health and Anxiety
- Social Media usage and effects
- Nutrition Policy

Physical Fitness Opportunities

- The school supports fitness opportunities as much as possible. The majority of the students are from rural homes where they get plenty of exercise. Staff fitness is more of a concern than student fitness.



Lethbridge Collegiate Institute

Health Champ: Michaela Dilworth-Baum
Admin: Trish Syme
Wellness Coach: Wesley Spring



Goals for 2016 – 2017 School Year

- Re-introduce intramural programs at lunch time
- Increase the amount of standing workstations in classrooms
- Standing/Stretch breaks part of our school culture
- Create a Student Health and Wellness Club
- Offer more school-wide student spirit activities to promote social belonging
- Utilize our student nurses for a school project
- Facilitate with Social Committee to offer more staff socials
- Wellness Education and monthly themes through the Advisor Program
- PD with Health and Wellness in mind
- Health and Wellness at every staff meeting

LCI Health and Wellness Culture

- Health and Wellness is a standing item at staff meetings
- Health and Wellness activities to begin PD Days
- PD Days offer Health and Wellness sessions
- Standing and stretching at staff meetings
- Walking meetings
- Standing workstations in some classrooms
- Tiered PE classes to appeal to different types of students
- Health 9 is taught separately
- Wonderful fitness centre for staff and student use
- Soup club sharing healthy recipes and eating together during lunch time
- Awareness of nutrition policy guidelines
- Health and Wellness presentations delivered through advisor program
- Paint and Relaxation Night for staff and families
- Students Against Drunk Driving
- Student nurses providing workshops in conjunction with advisor program and SWAT
- Student Health and Wellness Club = SWAT
- Holiday Gift Making

Physical Fitness Opportunities

Grade 9:

- PE 9 is a semester long as Health 9 is a separate class
- other options include Volleyball 9, Soccer 9 (maybe), Dance, Yoga, Sports Performance

Grades 10 – 12:

- Sports Performance, Yoga, Dance
- PE 20/30 approximately 120 students

School:

- Approximately 400– 450 students involved in active co-curricular activities (dance, sports, etc)
- Lunch time intramural program is well utilized

Fitness centre is well utilized

LCI Health and Wellness Main Areas of Concern

- Stress and Coping
- Anxiety and Depression



Victoria Park High School



Health Champ: Tamara Van Cleave
Admin: Rod Dueck

Goals for 2016 – 2017 School Year

- Grant for food studies class to prepare healthy snacks for Be Fit For Life Meetings
- Create a relaxation and zen room for students to unwind

VPHS Health and Wellness Culture

- Relaxation room for the students
- Breakfast program run by Rod Scott
- Active Living Course in Fall Semester
- Yoga classes for students to attend

VPHS Health and Wellness Main Areas of Concern

- Stress and Coping
- Anxiety
- Depression



Winston Churchill High School

Health Champ: Patrick Shackleford
& Jon Dick
Admin: Tara Orser



Goals for 2016 – 2017 School Year

- TBD – no goals were submitted. Health Champs changed during the year.

Winston Churchill High School Health and Wellness Culture

- The student team meets bi-weekly
- 2 students of the month
- Staff get together for co-ordinated health and wellness activities
- Staff and students regularly access the weight room
- Staff cooking club
- Standing item at staff meetings
- Annual Flu Shot Clinic
- Thriving intramural program

Winston Churchill High School Main Areas of Concern

- Cafeteria has poor food choices and healthy food is much more expensive than unhealthy food
- Student relationships: social media, positive role models
- Drug use
- Mental Health issues and self-diagnosed anxiety

Physical Fitness Opportunities

Grade 9:

- Year long 3 times per week @ 66 minutes
- Tae Kwon Do option

Grades 10 – 12:

- Tae Kwon Do and Sports Performance
- PE 20/30 has 140 registered students (out of 390)

School:

- Noon time intramural program