



Healthy Schools Sample Action Plan Activities to Support Mental Health Promotion & Stigma Reduction

Elementary Schools

Curriculum, Teaching & Learning	School & Classroom Leadership	Student Engagement	Social & Physical Environments	Home, School & Community Partnerships
<ul style="list-style-type: none"> • Gr.1-3 Kids Have Stress Tool! Free, curriculum-matched resource that helps teach students about stress and strategies for self-regulation and problem-solving • Gr.4-6 Stress Lessons Free, curriculum-matched resource that teaches students how to identify stress and to develop strategies for managing stress in their daily lives • Ask your public health nurse about borrowing <i>Can You Feel It?</i> DVD and lessons plans to talk to students about stress reactions and coping (Gr.7/8) • Mental Health Toolkit – Be Kind to Yourself and Others (Gr.7/8) Lesson plans on a variety of mental health topics • Visit Ophea to review H&PE lesson plans by grade focused on mental health • Arrange for a professional development opportunity at a monthly staff meeting or PA Day : 	<ul style="list-style-type: none"> • Collect data to identify the priority areas for mental health promotion in the school. You can do this by: <ul style="list-style-type: none"> ○ A hands-up survey in the classroom to vote for ideas (e.g. what activities would help make you feel healthier at school?) ○ Having a suggestion box placed in a central location ○ Holding a student forum with representatives from different grades to find out what’s important to them ○ Put up mural paper in the hallway and invite classes to come down and draw/write what mental health means to them ○ Host a brainstorming session at a staff meeting and have staff identify priorities for mental health promotion in the school • Use the Joint Consortium for School Health – Positive Mental Health Toolkit to help your committee assess, plan and implement strategies to promote mental health 	<ul style="list-style-type: none"> • Contact your Public Health Nurse to request support for the following student leadership programs: <ul style="list-style-type: none"> ○ PLAY Program ○ Lead-On! Training ○ Healthy School Student Club • Engage a group of students to help plan and implement mental health promotion activities in the school. • Have students help in the creation of a safe and peaceful place to go relax and de-stress • Help student leaders to develop PA announcements and/or posters with messages of respect, kindness, positive stress and coping strategies, etc. • Help student leaders to plan and host wellness events for the school that highlight positive coping strategies • Ideas to promote a positive school climate through student engagement: <ul style="list-style-type: none"> ○ <i>Gratitude Graffiti:</i> Place mural paper around your 	<ul style="list-style-type: none"> • Work with staff, students and parents to create a mentally healthy school environment. Ideas include: <ul style="list-style-type: none"> ○ Develop a campaign to speak out against teasing and bullying (posters, PA announcements, classroom contests, t-shirt days, etc.) ○ Ensure nutritious food options are available in your school, and provide opportunities for daily physical activity (in <i>addition to</i> sports teams) to promote overall wellbeing and positive stress outlets ○ Develop a school mantra, vision or policy that supports positive environments ○ Organize a Mental Wellness Fair and invite community partners to attend. <i>Invite parents.</i> ○ Encourage teachers to formally greet their students every morning when coming into class ○ Create a wellness board at school with tips, tools and contacts to help reduce stress 	<p>The Regional Municipality of York</p> <ul style="list-style-type: none"> • Invite your Public Health Nurse to meet with your Healthy Schools Committee <p>School</p> <ul style="list-style-type: none"> • Work with school support services (e.g., guidance counsellor, social worker, child and youth worker) to link students to mental health services <p>Community Partners</p> <ul style="list-style-type: none"> • Review the Canadian Mental Health Association’s list of York Region mental health providers to see if any may be able to provide support to your school. Consider inviting them to join your committee. • Book a Youth Wellness Workshop through the Canadian Mental Health Association – York Region (<i>no cost</i>) <ul style="list-style-type: none"> ○ Mental Health Myth Busting ○ Tackling Stress & Anxiety ○ Let’s Talk about Depression and Suicide for empowered Young people

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<ul style="list-style-type: none"> ○ Invite a guest speaker ○ Work in small groups to review relevant chapters the Supporting Minds document ● Visit Children’s Mental Health Ontario for more support resources for teachers ● Develop a paper-based scavenger hunt to encourage students to explore mental health resources available on the web. Examples: <ul style="list-style-type: none"> ○ www.kidshelpphone.ca ○ www.kidsmentalhealth.ca ○ http://www.kidshealth.org ● Consider incorporating mindfulness into your daily classroom routine. Some resources to get you started: Mindful Bottle Toolkit, Mindful Teachers, Mindfulness in Education <p>YRDSB Only:</p> <ul style="list-style-type: none"> ● Visit the BWW to review resources and supports available through the YRDSB Mental Health and Addiction Strategy ● Contact Michelle Cassidy, YRDSB Mental Health Lead for student support, or Carolyn Tong, YRDSB Wellness Advisor for staff support <p>YCDSB</p> <ul style="list-style-type: none"> ● Refer to the YCDSB Mental Health and Wellbeing webpage for more information ● Browse the menu for Mental Health Strategy and Steering Committee contact information 	<p>and well-being</p> <ul style="list-style-type: none"> ● Incorporate your school’s mental health goals and activities in your school improvement plan ● Collaborate with other groups in the school with similar goals, including: <ul style="list-style-type: none"> ○ PC4L&W teams ○ Equity Officer ○ Eco Team ○ Leadership groups ○ Staff Wellness Team 	<p>school walls and ask students to write down things they are grateful for</p> <ul style="list-style-type: none"> ○ <i>High-Five Hallways:</i> Encourage students to “high-five” people they pass in the hallways throughout the day to help build a sense of belonging and connection 	<p>and anxiety</p> <ul style="list-style-type: none"> ● <i>Random Acts of Kindness/Caught You Caring Campaign:</i> Visit www.randomactsofkindness.org to get ideas for a school-wide Random Acts of Kindness campaign. Consider formal recognition of students who perform caring acts for others (See example) ● <i>Create a Safe Space/Designated Wellness Space:</i> Survey students to find out what they need to feel safe and mentally healthy at school. Work towards the creation of a safe space for all students. This may be a physical location to go and de-stress, a designated trusted adult, a change in procedures, increased inclusion and social activities etc. ● Bounce Back...Again! (2nd Ed.) Comprehensive resource containing school-wide activities, PA announcements, student leadership ideas, resource lists, and lesson plans to promote student resilience and mental wellness ● Mental Health Promotion – Take Action Towards a Healthy School: A resource created by Toronto Public Health that provides ideas and tools for school-wide and in-class mental health promotion 	<ul style="list-style-type: none"> ○ Dealing with Self-Injury & Eating Disorders ○ Surviving High School (Gr 7-8 only) <ul style="list-style-type: none"> ● Contact community organizations that offer mental wellness activities such as yoga, mindfulness, social inclusion groups, music therapy, exercise classes, etc. and invite them to run staff and student wellness sessions at your school ● Review the Kids Help Phone webpage for applicable resources, and consider ordering some of their free posters and wallet cards for your school (Order Form) ● Look for further funding opportunities to support your healthy school activities. <p>Home</p> <ul style="list-style-type: none"> ● Invite parents to attend school wellness events to encourage continued conversation at home ● Place mental wellness articles in the school newsletter, on the school webpage, etc. to get information on mental health to parents ● Invite parents to join your committee to help create a comprehensive plan for addressing mental health ● Host parent information sessions to help them learn more about common mental health concerns, and how they can support their children’s positive mental health
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