



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

Secondary Schools

Curriculum, Teaching & Learning	School & Classroom Leadership	Student Engagement	Social and Physical Environments	Home, School & Community Partnerships
<ul style="list-style-type: none"> Request a T.A.M.I. (Talking About Addiction & Mental Illness) 5 day in-class presentation for your classroom through Joanne Mundy Discuss with students about the causes of stress and ways of coping. Consider including wellness breaks into classroom time (e.g. 5 min stretch break) Identify ways to address stress and anxiety in the classroom and incorporate activities such as physical activity to help reduce stress. Visit OPHEA to review H&PE lesson plans by grade focused on mental health Website Scavenger Hunt to familiarize students with mental health resources available on the web <ul style="list-style-type: none"> www.kidshelpphone.ca http://www.mindyourmind.ca/ www.teenmentalhealth.org Visit Children’s Mental Health Ontario for more support resources for teachers Mental Health Promotion – Take 	<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 Healthy Schools committee can conduct a survey on mental health needs/issues and ways to reduce stress, anxiety and promote mental wellness Holding a student forum with representatives from different grades/clubs to find out what’s important to them Host a brainstorming session at a staff meeting and have staff identify priorities for mental health promotion in the school Incorporate your school’s mental health goals and activities into your school improvement plan 	<p>Engage Students to plan and deliver the following:</p> <ul style="list-style-type: none"> Have an art/media class develop posters on stress reduction and post them during exam time <ul style="list-style-type: none"> Participate in the “<i>Ready, Set, Create!</i>” Poster contest sponsored by York Region Public Health Post helpful websites around the classroom/school/library <ul style="list-style-type: none"> Canadian Mental health Association – York Region Kids Help Phone Family services York Region www.teenmentalhealth.org http://www.mindyourmind.ca/ Create a wellness board at school with tips, tools and contacts to help reduce stress and anxiety Create pocket sized cards with local Mental Health contacts and websites for students to keep Create a school group/club to promote mental health. Start by recruiting friends with a common 	<ul style="list-style-type: none"> Involve students to create safe, peaceful, and positive spaces to relax or de-stress (www.daretodreamprogram.ca) Organize a student Wellness or Mental Health Awareness Fair during lunch (Invite local community agencies to participate!) Organize sessions of yoga, meditation, Pilates, Zumba, etc. during exam time to reduce stress and anxiety 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 Provide time management and stress reduction workshops during exam time Use PA announcements to communicate tips on how to cope with stress and anxiety Create “Stress Busters” posters and post around school to help students identify ways of coping with stress and anxiety 	<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>Community Partners</p> <ul style="list-style-type: none"> Work with school support services (e.g., guidance counsellor, Community Youth workers) to link students to mental health services Review the Canadian Mental Health Association 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 Organize an in-school workshop for female students to develop leadership and decision making skills with positive female role models through Girls Inc 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

Mental Health Sample Action Plan for School Services - Secondary Schools

<p>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</p> <ul style="list-style-type: none"> Consider incorporating mindfulness into your daily classroom routine. Some resources to get you started: <ul style="list-style-type: none"> Mindful Teachers Mindfulness in Education Arrange for a professional development opportunity at a monthly staff meeting or PA Day : Invite a guest speaker Work in small groups to review relevant chapters the Supporting Minds document <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 	<ul style="list-style-type: none"> Collaborate with other groups in the school with similar goals, including: <ul style="list-style-type: none"> Student Council Athletic Council ESP D.A.W. Committee Leadership groups LBGTQ Staff Wellness Team Consider Using Mental Health – A guide to Action and the Joint Consortium for School Health – Positive Mental Health Toolkit to help your committee assess, plan and implement strategies to promote mental health and well-being 	<p>interest, and find a faculty member to support your group.</p> <ul style="list-style-type: none"> Organize a school assembly on wellness topics. Invite motivational speakers, promote positive coping strategies, etc. This could coincide with Mental Health Awareness Week in May. Use social media (create a Twitter handle, Instagram account, etc.) to share messages about mental health with students in your school 	<ul style="list-style-type: none"> Create a peer-mentorship for new students going into high school to help with organizational skills, time management, etc. to decrease stress among new students Create a positive pledge wall at your school or a “wall of kindness” to highlight random acts of kindness that have been witnessed. 	<ul style="list-style-type: none"> Young people <ul style="list-style-type: none"> Dealing with Self-Injury & Eating Disorders Create a school wide Kids Help Phone campaign to increase awareness of services to students (free youth awareness packages) Look for further funding opportunities to support your healthy school activities.
--	--	---	---	---

