

Spotlight on Health & Safety



January Safety Message – Mental Health and Wellness

Wellness can be defined as an optimum state of health - physically, socially, emotionally, and mentally. Our well-being is about making healthy choices in each of these areas.

In order for us to learn and be our best, we must feel and be well. We have a great opportunity to not only academically educate our students, but to support, guide, and teach them to honour their mental health and wellness and we support this in a number of ways.

We recognize that healthy eating and active living are also important components to positive mental health and wellness. We support this through education and expanding physical education activities in our schools. We also encourage and support our students to be leaders, to get involved in the community and work together as a team – these are attributes that instill confidence, a sense of belonging and create a greater sense of purpose and inner joy.

The Alberta Government has a great resource on Working Together to Support Mental Health in Alberta Schools at: https://education.alberta.ca/media/3576206/working_together_to_support_mental_health.pdf

Whether you are a student, parent or staff member, be sure to reach out to family, friends and access professional help if stress is affecting your life. In all our schools we have Youth Education Support Workers/Success Coaches to help students and facilitate extra assistance they may need. While gaining support from others you can encourage them too, everyone has had it tough at some point in their lives. A kind word may go further than you realize.

Offered to our staff members and their families is an Employee and Family Assistance Program, a proactive health program providing confidential wellness and prevention supports, health and life coaching and counseling. <http://www.homewoodhealth.com/corporate/services/overview> For more resources staff can check out “Apple-a-Day” and “The Sandbox” <https://thewellnesssandbox.ca/>

Joint Worksite Health and Safety Committee