

School Name: Moscrop Secondary

Principal: C. Sandor

School Goal: Healthy Living – Mental and Physical Health Literacy – To help students understand and engage in healthy living behaviours to promote healthy physical and mental literacy in our school community.

Date: April 26, 2023

SCANNING

**What’s going on for your learners in relation to your goal?
 How are you supporting the diverse learning needs of your school population in relation to the goal?**

Moscrop’s Healthy Living goal began as a result of the increase in mental health issues/awareness with our students. Our goal is designed to make all students more aware of the factors that promote healthy living (both physical and mental and the connection between the two. Currently, the Physical Education Department teaches Health curriculum to Gr. 8, 9 and 10. For this year, we decided to use more in house expertise for presentations on mental health. As well, the experiment of having our week during February to address "seasonal doldrums " was undertaken. Jack.org provided resources for outstanding resources. Classes signed up for presentations across all curricular areas.

WHAT DOES OUR FOCUS NEED TO BE?

**What evidence identifies the focus? What targeted groups are addressed?
 Where will concentrating your energies yield the greatest effect?**

Previously, we began discussing grit and resilience as it relates to mental health well being. The Pandemic has taken a toll on everyone. We would like to continue with this topic, helping students make the connection between healthy physical living, mental health well being and the ability to be resilient in life situations. Students still need to be the focus, but our committee would like to expand and address the need for staff to remain healthy. Additionally, we have added an advisory committee of students to give feedback on what is important for students especially during the current pandemic. Our staff need to be involved in activities as well, as we need to promote healthy living mentally and physically.

SPECIFIC GOAL YOU ARE ADDRESSING:

How does your data inform next steps? What is contributing to this area of focus? How will students benefit academically, personally, socially?

We have a baseline of data from the compass survey. The 2020, 2019 Compass Survey will be compared to the 2018 survey to determine if we are moving in the correct direction. Furthermore, we hope to survey the Physical Education classes on topics that they feel they would like to have more in depth information presented. Moscrop will participate in the 2023 Compass Survey

With the addition of a student advisory committee towards our health goal, we are gaining valuable feedback. Students have articulated to our committee their wants and needs. Their engagement with **Jack.org** will provide opportunities for our students to engage in health related activities. Furthermore, readily available resources for students and staff will be available via the school mental health website.

CHECKING

Have we made enough of a difference? Feedback, data collection, data sharing, data analysis. How is the data informing / modifying practice? What has changed for your target groups?

Data has already informed our practice and identified areas of need. Conversations with, staff and students as well will be used to gather qualitative data that will improve practice.

Compass survey 2023 will assess the progress of our stakeholders as well as anecdotal feedback from students and staff.

To no one’s surprise, our community does require extra attention in mental health awareness and support as our community rotates back to “normal” school practices from the previous pandemic practices.

NEXT STEPS:

What requires further attention? Where to next?

The long term goal is to have all curricular areas participate in lessons that highlight and promote healthy living. As well, we are hoping to expand the current website with additional resources for students and staff to use as a “resource bank” for information and tips on healthy living. Jack.org can assist in keynotes and other resources to expand our “Health Day”.

Student input and staff input is invaluable for us to fine tune and refine our goal.

HOW AND WHERE CAN WE LEARN MORE?

**What professional learning has taken place and what is needed/ planned?
 What resources and school/ district supports are you using?**

Mental Health literacy training sessions for Administrators / Counsellors / teachers is supplementing our planning for this goal. As well, meetings of the group to re-assess our focus and direction. . Student involvement with **Jack.org** to offer additional resources.

Staff providing opportunities for other staff to engage in and lead mental health activities

TAKING ACTION / WHAT ARE WE DOING DIFFERENTLY?

What is your implementation plan? Roles of key stakeholders? How are all 3 tiers supported? How will you monitor progress?

Tier 1 Whole school implementation – May Health Day – Grade 9-12 participating in Compass Survey. . We hope to have curricular areas develop lessons specifically tailored to address healthy living applicable to their subject area during Health Week. Community stakeholders presenting at information sessions addressing student need / information on what resources are available and how to access those resources

Tier 2 All grades – targeting grit/ resilience – making connections between resilience and physical / healthy living. Staff activities – fitness / social / community. Student Advisory Committee

Tier 3 Individual / small group interventions –Data / findings shared with staff to identify students / groups in need. Counsellors / resource team informed

Key stakeholders – Students, teachers, parents, Community Health members, family of schools, District Staff