

Parent Council March 1st

Wellness

- Sarah is running **Positive Mental Health Workshops** for 30 minutes in classes. Topics so far have included: Stress & The Brain, Relaxation Techniques, Empathy and Stigma. If you have requests for topics you would like Sarah to explore with classes please email her and let her know. sarahb@eics.ab.ca
- The "**Chill Zone**" that was run for one day in the gymnasium during exams was well received by students and staff. Thank-you Marlene for expressing your interest and support. Sarah would love to collaborate with parent council to expand this project for exams in June and into the future. Incorporating other aspects of wellness into this day like offering healthy snacks and bringing in community partners would be amazing. Sarah would love to go for coffee and chat about your vision for this or chat on the phone etc. 780-992-0889 ext 120
- Following Bell Let's Talk Day, we are trying to keep the **conversation** in our school going surrounding mental health. We promote Nicole Labrecque and Sarah as people to go to for support but are working to empower all of our teachers to be able to have these conversations with their students. Some of our teachers has received the "Go To Educator Mental Health Literacy Training" as we continue to build comfort levels and capacity in our building.
- A **survey** will be going out to students to ask for their input on ways we can support positive mental health for them at school. If you have ideas for what kind of **questions** you think we should include in this survey, please discuss and let Sarah know.
- Another **parent night** with Dr. Jody Carrington will be coming on **April 27th**. This is a repeat of the information from her last presentation so please encourage your friends to attend.
- All EICS staff will be attending a full day on **Trauma** with Jody on April 27th