

Q1 WELLNESS STRATEGIES

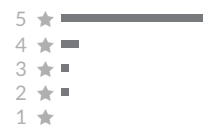
Ottawa-Carleton District School Board
Building Brighter Futures Together @OCDSB

Q1 What are some things that the OCDSB is doing well to support learning and well-being?

Having breakfast clubs. Some kids Do not get enough food to eat. It helps with their learning.

Secondary Staff

4.3 ★★★★★ (19)



The OCDSB needs more resources to help support student wellbeing, mental health, learning disabilities, and anti bullying campaigns These are marginalized children that need support and not to fall through the cracks

Elementary Parents and Guardians - 4

4.2 ★★★★★ (19)



Encouraging the health and wellness of both staff and students through various board-wide and in school initiatives. Promotes a holistic sense of well-being as it relates to student and staff success.

Secondary Staff

4.2 ★★★★★ (18)



Teaching kindness and empathy and rewarding students for positive behaviours. Reinforces and develops caring personality traits and creates a safe and warm environment.

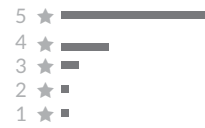
Elementary Parents and Guardians - 3

4.1 ★★★★★ (25)



Realizing that looking beyond academia is also important. Teaching empathy and supporting the development of self regulation for example. Being a well rounded person in the early years help in the long run.

4.1 ★★★★★ (24)



Elementary Parents and Guardians - 3

Focus on the social, emotional and physical well being of students is visible, even as early as kindergarten. Builds coping strategies- something that seems to be lacking in a large population of students these days.

4.1 ★★★★★ (20)



Secondary Staff

The decision to create a mental health initiative team this year with staff assigned to promoting wellness and capacity building across the district demonstrates a recognition of the needs of the system and a significant investment of time and staff to further this important work.

4.1 ★★★★★ (20)



District Office and Centrally Assigned Staff

This is teacher-related, but I appreciate that we have Family Illness days. I worked in another board that didn't have this and it was constantly stressful when my child was sick, which definitely impacted my ability to teach

4.1 ★★★★★ (19)



Elementary Staff

I like the focus on mindfulness, kindness and empathy in students. I like that there is a culture of inclusion for all. I like that there are events at the school that supports a sense of community.

4.0 ★★★★★ (22)



Elementary Parents and Guardians - 2

Conflict resolution - WITS It is important to provide kids with tools to resolve their own problems. It is also helpful to have consistent message from staff/teachers.

4.0 ★★★★★ (21)



Elementary Parents and Guardians - 3

Many schools have a focus on learning and well-being. Many teachers on their own are recognizing that well being is an essential piece to learning. It is important for the students to know how to reduce their stress (internal or external) and how to cope and become more resilient.

Elementary Staff

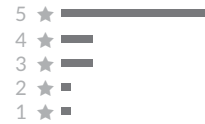
4.0  (21 )



Some teachers bring meditation, mindfulness or yoga into the classroom routines Self-awareness and state of calm endorses learning readiness

Elementary Parents and Guardians - 4

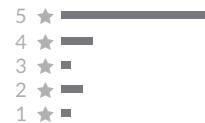
4.0  (21 )



Emotional intelligence tools are taught young. This is massively important and I appreciate when my JK daughter tells me how she's feeling (blue or re Blue or red zone. It's helpful for parents.

Elementary Parents and Guardians - 4

4.0  (20 )



Emphasizing the importance of mental health and wellness. It's important for student success and well-being at school and in the classroom.

Secondary Staff

4.0  (20 )



Introducing mindfulness teaching in school, as well as celebrating diversity in the classroom. My child already has skills to help deal with stressful situations.

Elementary Parents and Guardians - 4

4.0  (20 )



Preaching to be well rounded in lifestyle. Such as health eating, exercise, problem solving, communication and effort.

Secondary Parents and Guardians - 1

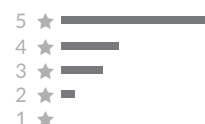
4.0  (20 )



Mental health workshops Groups that help with mental health and wellness

Secondary Staff

4.0  (18 )



Focusing on the importance of self-regulation and well-being in the early years

District Office and Centrally Assigned Staff

4.0 ★★★★★ (16 👤)



Discussions around wellness and self-regulation are in the beginning stages. Children and adults need to be calm and alert in order for learning happen. Decreasing the stressors in staff and students is crucial to learning.

Elementary Staff

4.0 ★★★★★ (12 👤)



Acknowledges that well-being impacts learning

Secondary Parents and Guardians - 3

3.9 ★★★★★ (25 👤)



Working to create a positive learning environment This contributes to a child's sense of self and well-being.

Elementary Parents and Guardians - 3

3.9 ★★★★★ (24 👤)



Recognizing that learning is contingent on well-being, and then taking measures to promote this understanding.

Secondary Staff

3.9 ★★★★★ (21 👤)



OCDSB identifies that a sense of belonging is key to student well-being Students must see themselves and their lived experience reflected in the curriculum, in their schools and in the fabric of the OCDSB institution.

District Office and Centrally Assigned Staff

3.9 ★★★★★ (19 👤)



Teaching children about mindfulness.

Elementary Parents and Guardians - 3

3.9 ★★★★★ (18 👤)



Culture of inclusion / acceptance Mental well-being of all students

Elementary Parents and Guardians - 3

3.9 ★★★★★ (15)



Emphasis on mental wellness ..which is critical to the learning process

Community Members

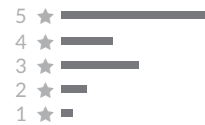
3.9 ★★★★★ (15)



Helps childrens self-esteem if they are not the best at sports and their well being by getting the excersise.

Secondary Parents and Guardians - 1

3.8 ★★★★★ (24)



Mindfulness, conflict resolution Better outcomes for mental health

Elementary Parents and Guardians - 2

3.8 ★★★★★ (24)



Recognizing the importance of mental well-being and teaching resilience. There is more to learning than just the curriculum. Success also requires maintenance and coping strategies that foster mental w-b and resilience.

Elementary Parents and Guardians - 1

3.8 ★★★★★ (24)



Educators are starting to integrate mental health learning into daily practice (attachment practices, zones, CPS, etc.), lots of room to grow! Important because student needs have changed, and without mental health being supported, learning is made harder for children

Community Members

3.8 ★★★★★ (23)



Attention by teachers paid to Social-Emotional Health and Well- Being balanced with the curriculum expectations

Secondary Staff

3.8 ★★★★★ (20)



Breakfast clubs/food cupboards Supports students who don't have access, and helps them focus on learning. Builds community.

Secondary Parents and Guardians - 4

3.8 ★★★★★ (20 👤)



Introducing emotional education, guidance, languages of love. Emotional distress is the central factor in students' readiness to learn vs trouble-making. Students with calm lives are more creative, able to focus.

Elementary Staff

3.8 ★★★★★ (20 👤)



Rideauwood counsellors in each secondary school. Abuse & addiction of drugs and technology is a real issue in our culture. It will only become bigger with vaping and the legalization of marijuana.

Secondary Staff

3.8 ★★★★★ (20 👤)



Supports available for students and staff around mental health. There are options available, and the discussions around mental health and wellness are changing.

Secondary Staff

3.8 ★★★★★ (20 👤)



Encouraging students to participate in mindfulness thoughts and actions that are inclusive to the diverse population in our schools. Promotes a caring and nurturing environment for sharing and learning, improves overall mental health feeling of belonging and acceptance.

Secondary Staff

3.8 ★★★★★ (19 👤)



LSS Staff doing Tier 1, 2 and 3 interventions Getting into the classes and doing prevention activities is an effective way to support student mental health.

District Office and Centrally Assigned Staff

3.8 ★★★★★ (19 👤)



Many educators are beginning to embed well being strategies in all parts of their day It is important to recognize where students and educators have challenges during the day and build a toolbox of strategies

District Office and Centrally Assigned Staff

3.8 ★★★★★ (19)



Providing students with healthy and whole food and emphasizing the importance of nutrition in schools as correlated to ability in class activity Healthy Habits established in high school are important

Secondary Staff

3.8 ★★★★★ (19)



Zones of Regulation Provide a visual for managing and understanding moods and feelings.

Elementary Parents and Guardians - 2

3.8 ★★★★★ (18)



I like the "mindfulness" practices I think they are very helpful for children to center their emotions. Some children do not have the tools to calm their emotions and I believe that practicing techniques with peers is encouraging.

Elementary Parents and Guardians - 3

3.8 ★★★★★ (17)



Mental wellness week at Nepean and self defense training for girls Both are great learning opportunities and at the same time supporting mental health

Secondary Parents and Guardians - 3

3.8 ★★★★★ (17)



Opening up discussions with students on self-regulation and feelings and peer relationships and day to day happenings. It's so important because it deals with things of the moment, as they come, as best as possible. Parents don't always get the whole story.

Elementary Parents and Guardians - 3

3.8 ★★★★★ (17)



Positive coping skills are integral to helping shape children to become healthy adults
Working in suicide prevention, I know that resilience and coping are foundational skills for a healthy, happy life.

Elementary Parents and Guardians - 3

3.7 ★★★★★ (25)



Providing support on how to structure a good wellbeing plan If we can't reach our students and make them feel safe, included and hopeful, they can't be successful emotionally or academically

Community Members

3.7 ★★★★★ (25)



At both OCDSB schools my child had attended, they have had an award system called WITS (walk away, ignore, talk it out, seek help). This is an important tool to help children with conflict resolution.

Elementary Parents and Guardians - 1

3.7 ★★★★★ (24)



My children are learning social skills, how to identify and cope with adversity, and where to go when they need help. These are important life skills and students need opportunities to practise them in a safe and supported environment.

Elementary Parents and Guardians - 1

3.7 ★★★★★ (24)



I appreciate how my child's school seems to promote social wellness, emotional regulation & problem-solving ABOVE academic success. Individual learning goals are important & what is fair or important to one child is not necessarily what is important to the next child.

Elementary Parents and Guardians - 1

3.7 ★★★★★ (23)



Including character building and compassion in elementary curriculum In the modern global village, children need to learn to understand how humans all over the world are more similar than different.

Elementary Parents and Guardians - 2

3.7 ★★★★★ (23)



Using appropriate frameworks to discuss emotions Helps children to learn how to discuss feelings and strategies to self-regulate without caregivers present

3.7 ★★★★★ (23 👤)

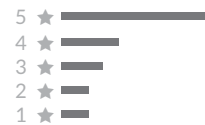
Elementary Parents and Guardians - 2



There is a good breakfast/food program at my kids' school. They don't always have the time to eat breakfast in the morning, and that obviously negatively impacts their day, so the program at their school helps

3.7 ★★★★★ (21 👤)

Secondary Parents and Guardians - 1



Good balance of academic, sport, music and other activities All-rounded next generation

3.7 ★★★★★ (18 👤)

Secondary Parents and Guardians - 1



We are focusing on student and staff well-being in our school improvement plan. At our school, a student-directed team promotes student mental health Sharing stress reduction techniques and providing access to a therapy dog show students that we make mental health a priority.

3.7 ★★★★★ (18 👤)

Secondary Staff



Building relationships The OCDSB is increasingly recognizing the importance of building relationships with students to support their well-being.

3.7 ★★★★★ (16 👤)

District Office and Centrally Assigned Staff



Introducing the “zones of emotions”/ how to cope and manage these zones. Important to realize how you and others may feel during different situations- develop empathy and coping skills

3.6 ★★★★★ (25 👤)

Elementary Parents and Guardians - 4



Recognizing -- at least on paper -- there is a need to improve mindfulness and mental health well-being for students. Putting this priority on paper gives leverage to those who care about students' mental health, to create programming related to improving these areas.

Elementary Staff

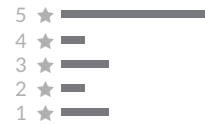
3.6 ★★★★★ (25)



introduction of growth mindset and mindfulness (including yoga and meditation) at a young age Important to foster resilience, and teach coping strategies

Elementary Parents and Guardians - 2

3.6 ★★★★★ (24)



2) The beginnings of emphasis on encouraging self regulation in children (zones of regulation etc.) although it could have started earlier. Self regulation is so important as children who are seen as 'behavioral' have a means of making better choices.

Elementary Parents and Guardians - 2

3.6 ★★★★★ (23)



Mindfulness programs are very helpful. They provide tools and strategies for students to deal with stress and anxiety, both in and out of the classroom.

Elementary Staff

3.6 ★★★★★ (21)



The WITs program and mindfulness practices. These are great tools for students in learning and in life.

Elementary Parents and Guardians - 4

3.6 ★★★★★ (21)



Creating a safe school environment. A stress free learning environment.

Secondary Staff

3.6 ★★★★★ (20)



Nutrition & Special Diets It would be helpful for the students gain more hands on experience with Nutrition and Special Diets. Perhaps an opportunity to try new things.

Secondary Parents and Guardians - 2

3.6 ★★★★★ (20)



The OCDSB is recognizing through training and discussions that administrators and teachers must make wellness a focus in order for students to access the curriculum. As such it must be a priority!

District Office and Centrally Assigned Staff

3.6  (20 )



Mindfulness training in the classroom. Very important skill that will help them throughout life.

Elementary Parents and Guardians - 3

3.6  (19 )



Efforts to ensure healthy food is available in cafeteria healthy eating - healthy brains

Secondary Parents and Guardians - 3

3.6  (18 )



Mental Health Team LSS staff are now going to be more focused in the messages we are delivering: CPS, attachment and self regulation.

District Office and Centrally Assigned Staff

3.6  (18 )



The OCDSB's focus on student wellbeing underlies learning and achievement. If students are not well, it is more difficulty for them to learn.

Elementary Staff

3.6  (18 )



Breakfast clubs There are many reasons why children may not arrive well fed to school - super important to have 'no questions asked' way to nourish body, hence mind

Secondary Parents and Guardians - 3

3.6  (16 )



Ocdsb is doing well to support learning and well being through the course 'Link crew'. Link crew helps transition the gr 9 students and build skills in communication & leaderships. It creates relationships bw seniors & softmore students.

Students Grades 9 to 12

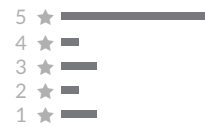
3.6  (15 )



at my school there is a group called EIP, which is really helpful for my stress. this group provides a safe way i can talk about my stress and really helps me mentally

Students Grades 9 to 12

3.6  (14 )



I believe the DPAs and the breakfast club are beneficial for all children. I believe that they are able to behave better when they exercise and are well fed.

Elementary Parents and Guardians - 4

3.6  (13 )



Supprting student well-being is being supported by the Exit Outcomes which will hopefully help develop a well rounded person. This is important as every student becomes an active member of society.

Elementary Staff

3.6  (12 )



The breakfast program is important and I'm glad there is one at my school, though we are fortunate enough not to need it for my child. Hungry kids can't learn.

Elementary Parents and Guardians - 3

3.6  (11 )

