

Q2 WELLNESS STRATEGIES

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

Q2 What are some ways that the OCDSB could improve how we support learning and well-being?

Students should have access to mental health & sick days without the consent of parents.

Adults have this option and students should too. The "without consent of parents" is because few parents can see when kids really need a mental break.

4.1 ★★★★★ (25 👤)



Students Grades 9 to 12

Food and clothing programs Malnourishment is bad. poverty isn't easy, providing food and clothing will up quality of life. It'll allow them to focus on their education & future.

4.1 ★★★★★ (19 👤)



Students Grades 9 to 12

Increase Stress-releasing Activies With increasing stress in Gr.11 and 12, stress releasing in important. I hope OCDSB can increase stress activities

3.9 ★★★★★ (25 👤)



Students Grades 9 to 12

Offering more ways to relax as you learn like Wellness week. Mental health is very important and leads to student success.

3.9 ★★★★★ (25 👤)



Students Grades 9 to 12

There are a lot of emails and communication about the importance of well-being, but not much follow up. Sending an email is great, but where is the time and resources to implement it?

3.9 ★★★★★ (18 👤)

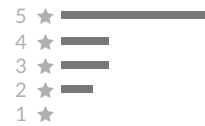


Secondary Staff

More options for obtaining healthy nutrition at school. Good nutrition will improve learning.

Elementary Parents and Guardians - 4

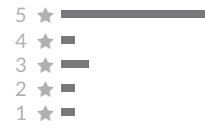
3.9 ★★★★★ (17)



More independence At our school last year we were banned from going on the snowhills, and at one point the entire school was stuck on the pavement.

Students Grades 7 to 8

3.9 ★★★★★ (15)



Have more wellness activity based designated school days to provide stress-management tools to promote student success in all areas

Students Grades 9 to 12

3.9 ★★★★★ (8)



Increased school-wide mental health strategy Broader support for student wellness and mental health support on a wider scale would be helpful. Many students suffer in silence.

Community Members

3.8 ★★★★★ (28)



5 minute mandatory check ins Once every couple weeks or so, have teachers pull each student out of class INDIVIDUALLY and address concerns. This can really help the mentally ill!

Students Grades 9 to 12

3.8 ★★★★★ (25)



Support for staff on self-care -- workshops, PD. As student needs increase, pressure on staff increases too. Many staff are very stressed.

Secondary Staff

3.8 ★★★★★ (18)



lunch time programs for students who are struggling to fit in with school there needs to be lunch time or after school programs for students who are struggling so they can build their confidence and talk about difficulties

District Office and Centrally Assigned Staff

3.8 ★★★★★ (17)



mindfulness have more open talks about bullying

Elementary Parents and Guardians - 3

3.8 ★★★★★ (17)



A focus on relationship building at the intermediate level may decrease behavioural concerns and lack of respect. If school staff focused on strategies to build relationships with intermediate students mutual respect would develop and less behaviours would occur.

Elementary Parents and Guardians - 3

3.8 ★★★★★ (16)



Fun days Having days off for mental health could be very beneficial. The kids who need a break can take it and the kids who have piles of homework can do it

Students Grades 7 to 8

3.8 ★★★★★ (14)



hold more workshops on how to handle stress

Students Grades 9 to 12

3.8 ★★★★★ (12)



Increased capacity building related to fostering a student sense of belonging, resiliency and mental wellness

District Office and Centrally Assigned Staff

3.7 ★★★★★ (18)



Requiring that all teachers are incorporating student wellness activities into the day (mindfulness, deep breathing, quiet time, exercise, etc)

District Office and Centrally Assigned Staff

3.7 ★★★★★ (18)



Provide more workshops on stress management, study skills, and mental health (dealing with, coping, managing, etc.).

Students today face many challenges and need more ways to cope with and manage the challenges they face.

Secondary Staff

3.7 ★★★★★ (14)



Allow staff to take the time off that is essential for their health and well-being, without penalizing them for it. If staff can't function, how can they teach/support students?

Elementary Staff

3.7 ★★★★★ (11)



We need more wellness supports for employees in all departments for mental health and to support work-life balance. Staff burnout is an issue that needs to be addressed. There is stigma associated with asking for help in this regard.

District Office and Centrally Assigned Staff

3.7 ★★★★★ (6)



Incorporate more focus on self awareness and stress management strategies for kids.

Community Members

3.6 ★★★★★ (17)



More focus on mental health, including teaching the importance of sleep and healthy study habits. Nutrition and exercise are also good topics. These are probably taught in grade 9, but needs to be reiterated throughout high school. Teens need to build healthy habits and make it a lifestyle.

Secondary Parents and Guardians - 1

3.6 ★★★★★ (14)



Implement learning about mental health. Yoga or meditation, tapping, or controlled breathing. Natural ways to manage stress and anxiety at all ages Stress and anxiety is a part of our reality. Teaching children and youth how to manage without medication, how to recognize the signs is essential

Elementary Parents and Guardians - 1

3.6 ★★★★★ (13)



Advise teachers not to make students feel guilty for missing their class to attend sports, or other school related events. Seems like a competition to some teachers and kids get caught. Participating in school sports is a very important outlet for kids, physical/mental.

Secondary Parents and Guardians - 1

3.6 ★★★★★ (10)

