

# Q3 WELLNESS STRATEGIES

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

## Q3 What are some important priorities for the OCDSB to focus on for the next four years?

### Well being including fitness, nutrition and mental health

*Elementary Parents and Guardians - 2*

4.0 ★★★★★ (19)



### Wellness

*Elementary Staff*

4.0 ★★★★★ (19)



**Mental health & sick days for students without consent of parents** We should have the right to decide when we need a mental break. I see kids at school who hide in bathrooms and cry just to get a break. Please help...

*Students Grades 9 to 12*

3.9 ★★★★★ (26)



**physical vs mental health classes** We have gym class, but not nutrition classes, home ec classes, classes for doing taxes, mental health classes (ie yoga, meditation, self care, etc.

*Students Grades 9 to 12*

3.9 ★★★★★ (25)



### wellness

*Elementary Staff*

3.9 ★★★★★ (21)



**Encourage teachers to look at their own wellness as well - they need to cultivate their own self care just as students do. To avoid undue stress, burnout and other debilitating mental health crises, it is important for teachers to cultivate work life boundaries.**

*Secondary Staff*

3.9 ★★★★★ (18)



**Ensuring students LIKE school. A love a learning and school would bring a huge change!**

*Elementary Staff*

3.9 ★★★★★ (18)



**Stress relief activities**

*Students Grades 9 to 12*

3.8 ★★★★★ (26)



**Bring back some nice PSAs Cyberbullying, wouldn't be as hard to catch if schools actively taught it like they used to - maybe not with assemblies, but in classrooms.**

*Students Grades 9 to 12*

3.8 ★★★★★ (25)



**Student Well-Being.**

*Secondary Parents and Guardians - 3*

3.8 ★★★★★ (23)



**Mental health and student wellness, financial literacy, accepting oneself, accepting others**

*Secondary Parents and Guardians - 2*

3.8 ★★★★★ (19)



**Well-Being Well-Being of Student and Teacher**

*Community Members*

3.7 ★★★★★ (24)



**Lowering stress** Lowering student and staff stress would be better for all involved.

*Secondary Staff*

3.7 ★★★★★ (21)



**Teach mindfulness skills from JK to grade 12. Same with resiliency.** Mindfulness is a skill set that helps you become emotionally intelligent and mentally healthy which are more important skills than technical knowledge

*Elementary Parents and Guardians - 2*

3.7 ★★★★★ (19)



**Integrate some mental health initiatives in the schools**

*Elementary Parents and Guardians - 2*

3.7 ★★★★★ (18)



**Mental Health for Staff (beyond doing yoga at on PD day, once a year...)** You will reduce sick days, people will be more keen to be involved, young teachers won't burn out before even getting a contract.

*Secondary Staff*

3.7 ★★★★★ (18)



**Stress** Try to find more ways for school to be less stressful. Maybe teaching ways of having good organisation or encouraging longer due dates.

*Students Grades 9 to 12*

3.6 ★★★★★ (24)



**Incorporating daily gratitude and awareness exercises** Because this will brighten the students minds, enhance internal happiness and create a great daily practice.

*Elementary Parents and Guardians - 3*

3.6 ★★★★★ (23)



**Cultivating compassion/ emotional intelligence (along with all the regular subjects).** It is the foundation for learning and sociality, and yet we pay it little attention. Some teachers at NHS already do tremendous work in this area.

*Secondary Parents and Guardians - 3*

3.6 ★★★★★ (22)



**Encouraging students to be positive, respectful, inclusive and helpful to other**  
Those values are essential for the safety and well-being of the students and others inside and outside school and then in life

*Elementary Parents and Guardians - 1*

3.6 ★★★★★ (22 👤)



**Teach acceptance over tolerance** The most important thing about OCDSB is that it is celebrates, embraces and promotes the value of our diversity - have programs that reflect this!

*Elementary Parents and Guardians - 3*

3.6 ★★★★★ (22 👤)



**Partnering more with other agencies to assist students and their families who are struggling with issues (School Resource Officers, Mental Health work**

*Secondary Parents and Guardians - 2*

3.6 ★★★★★ (19 👤)



**Please have adults supervising lunch periods**  
Student supervision at lunch means my children often goof around so much at lunch, they forget to eat. Eating through the day improves learning.

*Elementary Parents and Guardians - 2*

3.6 ★★★★★ (19 👤)



**More learning activities focused on the importance of being kind and respectful** This is just as important as academics to ensure healthier, more successful children and ultimately adults

*Elementary Parents and Guardians - 2*

3.6 ★★★★★ (18 👤)



**Promoting well-being and stress management**  
Workshop on mindfulness for students would be a great step towards that and benefit everyone.

*Secondary Staff*

3.6 ★★★★★ (18 👤)



**Social Emotional learning and student well being..if this is done effectively academics will thrive.**

*Secondary Parents and Guardians - 3*

3.6 ★★★★★ (11 👤)



**heathy minds & healthy bodies** preparing kids  
for for full lives

*Elementary Parents and Guardians - 3*

3.6 ★★★★★ (5 👤)

