



WELLNESS AND SAFEGUARDING - Summary of Actions 2023-24

Priority Actions	What will this look like this school year?	How do we measure progress?
1. Student wellness and balance will be supported through improved communication and programming	(a) Through collaboration with external experts, such as Dr. Doug Walker, a program of "Mental Health First Aid" will be explored for possible implementation within the school curriculum.	Minuted review of the program will be shared with both the Wellness Committee and those with oversight for the PSE Curriculum.
	(b) Possibly in conjunction with members of the EJB Strategy group, focus groups will be held with student organizations in which marginalization might challenge health and wellness. Examples would be GSA, Girl Up and Youth Against Prejudice.	Minutes from meetings with noted groups will summarize student perspectives on challenges to student health and wellness.
	(c) An audit of student use of the Fitness Center at FISO and REAL programs at FISW will take place to determine if these programs are being optimized for student wellness.	Through survey and student usage data, a determination will be made regarding optimizing use of these wellness options.
2. Parent wellness and balance will be supported through improved communication and programming.	(a) A trial will take place of reserving space in the Stroth Center for use as a parent drop-in space.	Minutes from the FISO PTG will reflect if this trial program is successful.
	(b) FIS will collaborate with its PTGs to offer a mental health education seminar.	Health seminar(s) will be advertised in Calendar Highlights.
	(c) The Admissions and Advancement Department will establish a new onboarding process to integrate newly accepted families into the community.	New onboarding calendar will be published and reviewed by ADCON.
3. Faculty and staff wellness and balance will be supported through improved communication and programming.	(a) A rubric for approving funding for wellness schoolwide activities, such as the JP Morgan Fun Run or other events, will be created and approved to facilitate additional FIS sponsored events.	Rubric will be published and available to all groups wanting sponsorship.
	(b) A targeted review of wellness opportunities for colleagues at FISW will be completed given the smaller campus' does not have access to a fitness center, as does the FISO campus.	Meeting minutes of discussions between FISW leadership and Wellness group will show progress toward this action step.
	(c) Both the opportunities for utilizing the EAP program, as well as a schoolwide social-wellness events calendar, be created and disseminated.	New brochures for Mental Health Coaching, along with EAP fliers, will be disseminated on both campuses.
4. FIS will implement leading safeguarding practices recommended by the International Task Force on Child Protection to protect the safety and wellbeing of its students.	(a) Strengthen recruitment practices through the development of a recruitment manual collaboratively used by administrators and HR.	Manual will be completed and disseminated to all involved in recruitment.
	(b) A new software for recording child protection concerns will be implemented by Safeguarding Leads and FIS counselors.	Concerns will be recorded in MyConcern.



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	(c) Continued review of the safeguarding handbook and codes of conduct, including the process for acknowledgment of these documents.	ADCON will be updated on this review with any changes noted and minuted.