



WRSD Wellness Accountability 2019/20

To truly support students, our schools must be able to address health and wellness. In a healthy school environment educators recognize that wellness is an essential foundation to the school's core mission of improving life chances for all. Wellness cannot be relegated to an occasional health lesson or physical education class – it is part of math, science, lunch and everything in between. Schools play a critical role in promoting health and helping students establish lifelong patterns of healthy behavior and strategies. Good health and mental wellness are essential for learning, cognitive development and daily functioning. However, as a division we also understand that in order to promote wellness in our students, our staff must be well. Healthy, engaged teachers and staff are essential supports for students. Through the following programs and initiatives, Wild Rose School Division is addressing the wellness of our school communities.

[Director of Wellness Strategic Plan for 19/20](#)

Aim for Success

Mental health capacity building project in Drayton Valley area funded by Alberta Health Services. Its mission is to support a coordinated and collaborative approach to optimizing the mental health and well-being of infants, children, youth and their families. It builds on successful strategies and promotes new initiatives that enhance collaborative approaches between health services, schools and communities. We have 1 manager and 2.8 success mentors operating this program. Sue Reich is the Program Manager.

Aim for Success 2019-2020 Stats

| September 2019 - March 16, 2020 | 2019/2020 |
|---|-----------|
| Bullying prevention presentations and in-school activities | 522 |
| Social, emotional learning programs (inc. anxiety and empathy programs) | 960 |
| Mental health presentations and in-school activities (# of students who received) | 2545 |
| Mentoring - inc. YAT, in-school and inter-school peer mentoring, grandfriend(# of students) | 24 |
| # of individuals who attended family events | 122 |
| PD training provided (# of attendees) | 101 |
| PD for Aim Staff | 13 |
| Community presentation (# of individuals received) | 28 |
| In-school clubs (# of students) | 74 |
| Capacity Building(Community Partner providing programming to schools) | 168 |
| Mindfulness in Schools | 615 |
| YAT | 70 |
| Community Networks | 9 |
| Parent Mental Health Programs | 30 |
| Formal Wear Affair - Grad Formal Attire Exchange | 15 |
| Incoming Referrals within schools | 27 |
| Incoming Referrals outside schools | 3 |
| Outgoing referrals to Intervention and Treatment Services | 2 |
| Referrals to FWW and External Community Based Supports | 9 |
| Psychological First Aid Training (WRSD and Community) | 24 |

After Pandemic and School Closure

| | |
|--|--------------------------|
| Google Classroom for Students Aim(crafts, resources, journaling, mediation, SEL programming) | 178 |
| Google Classroom for Families Aim(crafts, resources, journaling, meditation) | 13 |
| Google Classroom for Staff Aim(journaling, resources, meditation) | 12 |
| Joining School Google Classroom with Teachers | 51 |
| Daily Check In (Flipgrid, positive messages etc.) | 131 |
| Google Hangouts (reading, lunch clubs etc.) | 145 |
| Eagle Point Blue Rapids Nature News | 78 |
| Pre-recorded (animal connections, SEL programs, meditations, lego) | 294 |
| Family Community Activities (positive rock messages, scavenger hunt) | 722 (Facebook followers) |
| Virtual Book Club with School Staff | 8 |
| Motivation Monday Slides for Staff | 526 views |
| Mental Health Week (Facebook, emails, Google Classroom) | 80 |
| Summer Programming(virtual, pop up in park with covid restrictions) | 78 |
| Community Event(Break the Silence Walk and Run) | 51 |

Success and Awareness (Pre-Pandemic and During School Closure)

| Tool used to distribute mental health info | # times used | # of followers people reached | # of likes |
|--|--------------|-------------------------------|------------|
| Facebook | 196 | 751 | 1284 |
| Instagram | 18 | 82 | 14 |
| Google | 249 | 198 | |
| Staff Meetings | 51 | 379 | |
| Other meetings/coalitions | 90 | 47 | 40 |
| Flyers/Posters | 5 | 950 | |
| Mental Health Info Packages | 161 | | |
| Newspaper Article/ads | 7 | 3000 | |
| Newsletters parents/staff | 1 | 1100 | |

Family Wellness Workers

The Family Wellness Program provides supportive assistance to students, guardians and their families who are having difficulties and require more support at school, home and in the community. The program provides emotional, behavioral and social supports to individuals and their families. The program is housed in schools, but also has an office located in the community. Referrals can be made by parents, guardians, school administrators, staff, peers and self-referrals. Last year we had 4.8 workers in the north and 4.8 in the south.

Caseloads:

| | 2015/16 | 2016/17 | 2017/18 (New Model) | 2018/19 | 2019/20 |
|-----------|---------|---------|------------------------|---------|---------|
| North FWW | 829 | 1108 | 756 | 734 | 992 |
| South FWW | 802 | 996 | 818 | 947 | 1361 |

Major / common issues identified / addressed: South

| Personal Issues | # | Family and School Issues | # |
|---|----------|---------------------------------|----------|
| Peer relations / social skills | 263 | Family / sibling conflict | 295 |
| Bullying/Being bullied | 92 | Parenting issues/strategies | 487 |
| Self esteem | 298 | Separation/divorce | 148 |
| Anger management | 94 | Family / relationship violence | 142 |
| Anxiety / stress management | 531 | Academic performance | 121 |
| Suicide | 59 | School conflict | 57 |
| Other self harm (cutting, eating issues, suicidal thoughts/behaviors) | 70 | Inappropriate behavior | 111 |
| Life skills / style | 150 | School attendance | 118 |
| Pregnancy / sexuality | 40 | Substance Abuse (Parent) | 97 |
| Substance abuse | 119 | Mental Illness (Parent) | 130 |
| Financial stress | 269 | Incarceration (Parent) | 1 |
| Depression | 152 | | |
| Grief and Loss | 129 | | |
| | | | |
| | | Food Insecurity | 357 |

Major/Common Issues identifies/addressed in : North

| Personal Issues | # | Family and School Issues | # |
|---|----------|---------------------------------|----------|
| Peer relations / social skills | 244 | Family / sibling conflict | 168 |
| Bullying/Being bullied | 74 | Parenting issues/strategies | 390 |
| Self esteem | 346 | Separation/divorce | 140 |
| Anger management | 99 | Family / relationship violence | 47 |
| Anxiety / stress management | 290 | Academic performance | 78 |
| Suicide | 26 | School conflict | 57 |
| Other self harm (cutting, eating issues, suicidal thoughts/behaviors) | 38 | Inappropriate behavior | 80 |
| Life skills / style | 41 | School attendance | 67 |
| Pregnancy / sexuality | 12 | Substance Abuse (Parent) | 52 |
| Substance abuse | 56 | Mental Illness (Parent) | 85 |
| Financial stress | 192 | Success in Schools | 18 |
| Depression | 109 | Gender Identity | 2 |
| Grief and Loss | 107 | Sexual Assault | 1 |
| | | Risky Behavior | 6 |
| | | Impulse Control | 4 |
| | | Neglect | 8 |
| | | | |
| | | Food Insecurity | 397 |

[Connect Attachment Parenting Groups](#)

Two groups had been planned for Spring however due to COVID were cancelled.

[Circle Of Security Parenting Groups](#)

This year we had 1 staff training to facilitate Circle of Security groups. The training was paid for by our FCSS partner in Drayton Valley . The COS provides an [evidence-based](#) intervention program for parents and children that focuses on relationships for children 0-8 years old. It was supposed to be offered in Spring but cancelled due to COVID however we have 4 programs scheduled for this year and have waiting lists for all of them.

School Nutrition Program

127 lunches provided daily plus a variety of snacks (Eldorado, DCS, DVCOS, BES, BHS, FMHS).

Attendance

Of the 9 attendance referrals, all nine were successful in getting the student back in school.

Embedded Alberta Health Services

WRSD continued to pilot a project at two of our schools (BHS/DTHS) where AHS provided direct mental health support in our schools for two days a month. This was very successful and will be continued this year. For two other schools AHS provided indirect service which included attending staff meetings, in-services, collaboration meetings and providing resources.

Partnering with AHS Health Promoter Coordinators

To promote healthy eating, active living and positive well-being for school aged children and youth where they live, learn and play. AHS will provide resources to our schools to support healthy environments for children and youth. Our schools received support from two health promoter coordinators on a regular basis.

SIS (Success in School for children and youth in Care)

Success in School for children and youth in care - Provincial Protocol Framework is a joint initiative between Alberta Education and Human Services to support improved school outcomes and high school completion rates for children and youth in provincial government care. The plan is developed by the FWW, Caseworker, School Team and youth. Together, the plan is a joint decision making process to improve chances of school success. Family Wellness Workers at each school ensure there is a plan in place for all of their students in care.

ASEBP Extended Disability Statistics

The **RITE Program Offer** to WRSD employees on long term, low-intervention disability as made to 6 employees (2 teachers, 4 CAAMSE) and accepted by 4 (1 teacher and 3 CAAMSE staff). These employees retired effective June 30, 2020 closing the ASEBP claim files with WRSD.

The **Active** case load with ASEBP as of September 2, 2020 is as follows:

- 2 Caretakers
- 2 Teachers
- 1 Family Wellness Worker

The **Low Intervention** case load with ASEBP as of September 2, 2020 is as follows:

- 4 Teachers
- 3 Educational Assistants

Homewood Health Report- Year over Year

| Period: | Service Utilization | Active Cases in Period | Services Provided (cases) |
|----------------------|----------------------------|-------------------------------|---|
| Jan 2020 - June 2020 | 2.36% | 14 (13 new cases) | Counselling Services = 12 Depression Care = 1 |
| Jan 2019 - Dec 2019 | 1.36% | 7.5 (7.5 new cases) | Counselling Services = 5 Life Smart Coaching = 2 Online Services = .5 |
| Jan 2018 - Dec 1018 | 3.08% | 19 (17 new cases) | Counselling Services = 15 Life Smart Coaching = 2 |
| Jan 2017 - Dec 2017 | 0.72% | 4 | Counselling = 4 |

The 12 Counselling Services Jan - June 2020:

Health

- 1 coping with medical diagnosis
- 1 sleep

Marital / Relationship

- 1 couple separation/divorce

Psychological

- 2 grief/bereavement
- 2 stress
- 5 online CBT

[WRSD Health Profile 2019](#)

Purpose, Hope & Dignity Project and Committee

This project was started by Division Office support staff and grew from the leadership message – “every child has Purpose, Hope and Dignity.” Understanding the day to day struggles that many students experience due to financial situations through no fault of their own and the impact this has on their education and their young life. The committee has heard stories about these struggles, the lack of positive relationships and role models in their lives, and of students going to school for the simplest of reasons – it is a safe place to be. Education is a means to ensure purpose whereas access to support and supplies lends to hope and dignity. This committee believes these children are a product of our community and that no student in any classroom should be distracted or restricted by poverty.

The committee raises money to help meet the needs of those students in our schools who struggle to meet basic needs. Hope & Dignity Project; *“Providing support to middle school students in the Division with economic challenges”*

We supported numerous students with hygiene kits, jackets, runners, boots, hoodies, etc. Total expenditures were \$3,767.42. We also sent out support for a grade 10 student needing clothing appropriate for a job training program.

The annual stocking drive changed up a bit this past year. We offered a choice of a personal stocking or a family game/craft. We sent out 98 stockings and 27 family games/crafts totalling 105 smiles on middle school students (61 males and 44 females).

Grade 5 = 19 students

Grade 6 = 18 students

Grade 7 = 20 students

Grade 8 = 29 students

Grade 9 = 19 students

WRSD, Rocky Mountain House and Clearwater County School Resource Officers

With partnerships from Clearwater County and the Town of Rocky Mountain House we continue to support and utilize two officers in the south end of our division. School Resource Officers:

- Are a visible presence in the school and the community through counselling, structured class presentations, lectures, continual interaction, mentoring and distribution of educational resource materials;
- Work cooperatively with school administrators, staff, students, parents, family wellness and the community to proactively identify and address school concerns or problems;
- Utilize problem solving initiatives to address issues in schools; and
- Conduct investigations and enforce laws/statutes.

Drayton Valley Community Resource Officer

With partnerships from Brazeau County and the Town of Drayton Valley, the Drayton Valley Community Resource Officer officially assumed his position on May 1, 2016. The position has been filled by Constable Blair Gillman since August 2017. A steering committee comprised of representatives from all partners meets bi-monthly and thus far, all the feedback has been extremely positive. Constable Gillman accessed a community grant to bring in [Safer Schools Together](#) to do Staff, Student and Parent training in Digital Threat Assessment training (1475 participants took part both north and south) In March 2020 a Student survey regarding CSRO in Drayton was conducted. [Survey Results](#)

Violent Threat Risk Protocol

November 2016 we developed and implemented a Community Wide Violent Threat Risk Protocol (VTRA). All partners signed off in agreement with our protocols including RCMP, STAR Catholic School Division, Mental Health and Child Family Services. The protocols promote a common language and understanding of the VTRA model, makes use of a broad range of expertise and solidifies the importance of the multidisciplinary approach. Protocols foster timely collaboration and sharing of information about children/youth who pose a risk for violence towards themselves or others while respecting an individual's right to privacy to the fullest extent possible. These protocols also promote supportive interventions and preventative plans being put into place. In 2019/20 we had 7 Stage 2 VTRAs.

WRSD Wellness Steering Committee

The Wild Rose School Division Wellness Steering committee established a [three year plan](#). Conversations explored how WRSD has invested in “wellness” and what the future of “wellness” looks like in this division. This steering committee is financially supported by the U of A Wellness Fund for a two year cycle with the hopes of continuation for a five year cycle.

The committee developed and administered a staff wellness survey and are developing new goals based on [survey feedback](#).

Director of Wellness

Professional Associations & Memberships:

- Association for Supervision and Curriculum Development (ASCD)
- Canadian Counselling and Psychotherapy Association (CCPA)
- Council for Exceptional Children (CEC)
- Council for Administrators in Special Education (CASE)
- Council for Physical, Health and Multiple Disabilities (DPHMP)
- National Association of School Psychologists (NASP)
- Special Education Council (ATA)
- Guidance Council (ATA)
- Ever Active Schools (EAS)
- College of Alberta School Superintendents (CASS)
- College of Alberta Psychologists (CAP)
- Certified Wellness Practitioner (NWI)
- Certification as a Workplace Wellness Specialist (NWI)
- Zone 4 CASS Wellness Representative on the Provincial Healthy School Committee.
- Board Member for ECDC Society Drayton Valley 2015-present
- Co-authored Stronger Together, outlining the importance of connection at all levels to support wellness and well-being of both students and staff. published by [CASS Connections Magazine Spring 2020 Edition](#).