

RELATED FOUNDATIONS:

- Curriculum Teaching & Learning
- Social & Physical Environments
- Student Engagement

RESOURCES:

- Volunteers
- Guest Speakers
- Food
- Brochures
- Pamphlets
- [Post-its With Purpose Activity](#)
- [Make and Take Activity](#)

Building Mental Well-Being and Connectedness into After School and/or Evening Events

ACTIVITY GOAL: To encourage connectedness a sense of belonging and amongst youth and their families to the school community.

ACTIVITY IDEAS

- Mental Well-being is an important piece of school culture and utilizing after school events that may involve parents is a great way to showcase the efforts related to student mental well-being.
- Include Mental Well-Being activities in events such as: parent teacher interviews, grade 9 parent night, welcome BBQs, grade 8 open house night, etc.
- Activities could include:
 - Showcasing art, music, school clubs and school-wide mental well-being efforts.
 - School supports presenting their roles and contact information
 - Brochures and information available that relate to mental-well being, study tips, etc.
 - 'Make and Take' activity for well-being
 - Post-its with purpose activity
 - Student mentors or leaders to speak with incoming or new students about the school environment and their experience

Curriculum Connections:

- Grade 9: C 2.2 Relationships – skills and strategies
- Grade 10: C 1.1 Mental health – factors that enhance
- Grade 11: C 3.4 Skills for dealing with stressful situations
- Grade 12: C 1.3 Skills and strategies for evolving relationships
C 2.5 Maintaining health and well-being when independent

