
Central Okanagan School District (SD No. 23) Mental Health and Wellness Initiatives

VIANNE KINTZINGER
DIRECTOR OF INSTRUCTION K-12
OCTOBER 2015

Educating the Heart and the Mind



Four Directions

We acknowledge and honour the traditional territory and history of the Okanagan (Sylix) People and Westbank First Nation as our host band. The following exemplars of mental health and wellness initiatives found in School District No. 23 align with our Health Promoting Schools goal to educate students to be healthy, resilient, and empowered. These initiatives also reflect the teachings of the Medicine Wheel, an indigenous perspective that emphasizes balance within the whole person:

Emotional

Spiritual

Physical

Intellectual



District Context

2014-2015 School Year

- 20 District Schools had a School Goal Related to Health Promotion
- 6 District Schools had a Focus Area Related to Health Promotion
- These school goals and focus areas all centred around supporting social and emotional competencies.

Emotional

K to 12 Exemplars:

- **Student Support Services**
- **Aboriginal Education Program**
- **BC FRIENDS for Life** (Fun Friends [K/Gr.1], Child [Gr. 4/5], Youth [Gr.6/7]): (Elementary)
- **Beyond the Hurt:** (Middle – Secondary)
- **Kids in the Know:** (Elementary)
- **Kids Have Stress Too:** (Elementary)
- **LifeSavers:** (Secondary)
- **The Leader in Me:** (Elementary)
- **MindUp:** (Elementary)
- **Roots of Empathy:** (Elementary-Primary)
- **S.O.A.R. Drug and Alcohol Prevention Program:** SD #23 Elementary
- **Take a Breath:** SD#23 (Secondary)
- **Young Parent Program:** (Secondary)
- **Zones of Regulation:** (Elementary)

Spiritual

K to 12 Exemplars:

- 2014 Balancing Our Minds Youth Summit in Vancouver
- 2015 Got Health? Youth Summit: The Fire Inside Me
- 2015-2016 Got Health? Middle and Secondary Student-Led Inquiry Projects
- School Based Cultural Assemblies

Physical

K to 12 Exemplars:

- Across the Lake Swim Society Grade 3 Swim Program: All Schools
- Action Schools! BC Student Leadership: All Schools
- BC Fruit and Vegetable Nutrition Program +MILK: All Schools
- Informal School Based Breakfast Programs:
- School Meals Program: 34 Schools

Intellectual

K to 12 Exemplars:

- Aboriginal Education Program
- Elementary Physical and Health Education (PHE) Lead Teachers
- Elementary Social and Emotional Health (SEL) Lead Teachers
- Instructional Leadership Team School Based Support
- Middle School Health and Career Education (HACE) Leaders
- Middle and Secondary School Readiness Department Heads
- Sexual Health and Wellness Education Program
- Student Support Services

Employee Supports

- Action Schools! BC Professional Development Workshops
- Employee Winter Wellness Challenges
- Employee Wellness Symposium
- Mindfulness Communities of Practice (UBC-O)
- Nan Henderson: Building Resiliency in our Community Strengthening Mental Health
- Anxiety in Youth: Information for Educators (Canadian Mental Health and UBC-O)

Parent and Guardian Supports

- ARC Programs: Info and Strategies for Parents: How to Approach Your Teen About Substance Use
- Canadian Mental Health Association: Resiliency Training for Parents
- Healthy Food Fair
- Human Early Learning Partnership (HELP): Social and Emotional Skills and the Middle Years: An evening with Dr. Kimberly Schonert-Reichl
- The Bridge Youth & Family Services: Mental Health First Aid Canada
- Anxiety in Youth: Canadian Mental Health Information Night

School Community Supports

- ARC Programs
- Canadian Mental Health Association (CMHA)
- Directorate of Agencies for School Health (DASH BC)
- Human Early Learning Partnership (HELP): Early Years Development Instrument, Middle Years Development Instrument
- Interior Health Authority Healthy Schools
- Kelowna Community Resources (KCR)
- McCreary Centre Society
- Ministry of Children and Family Development
- RCMP Liaison Officers