

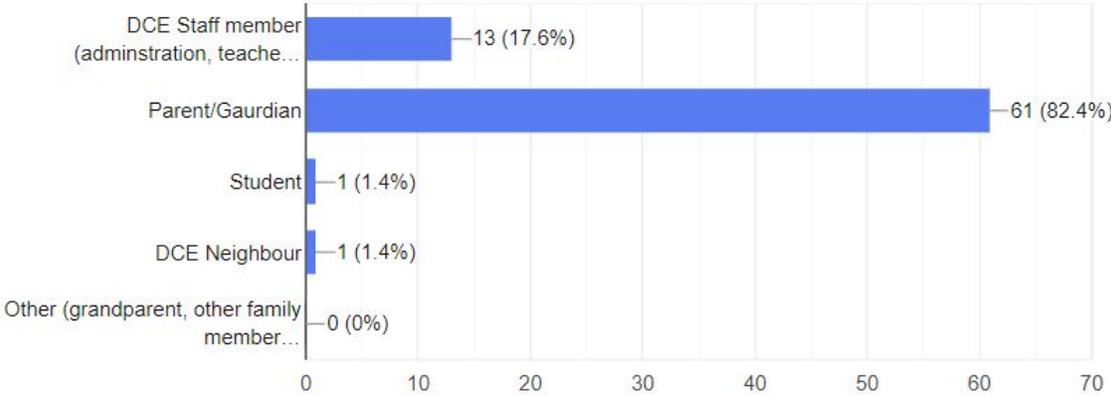
Wellness Survey Results

74 Responses

I am a (check all that apply)

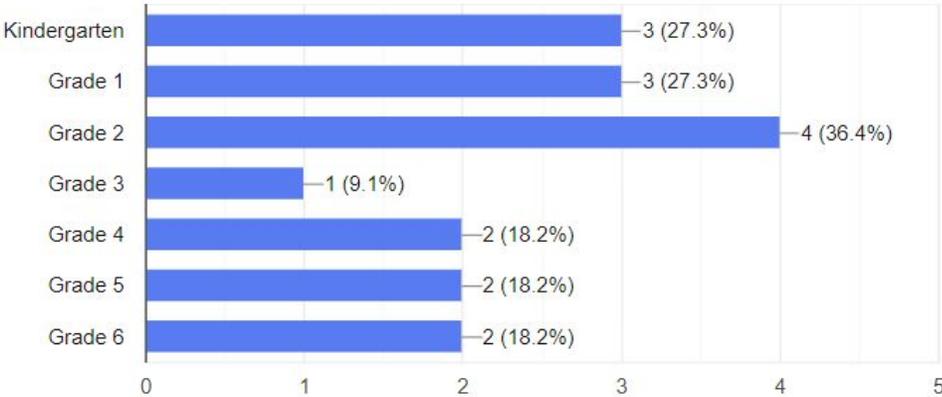


74 responses

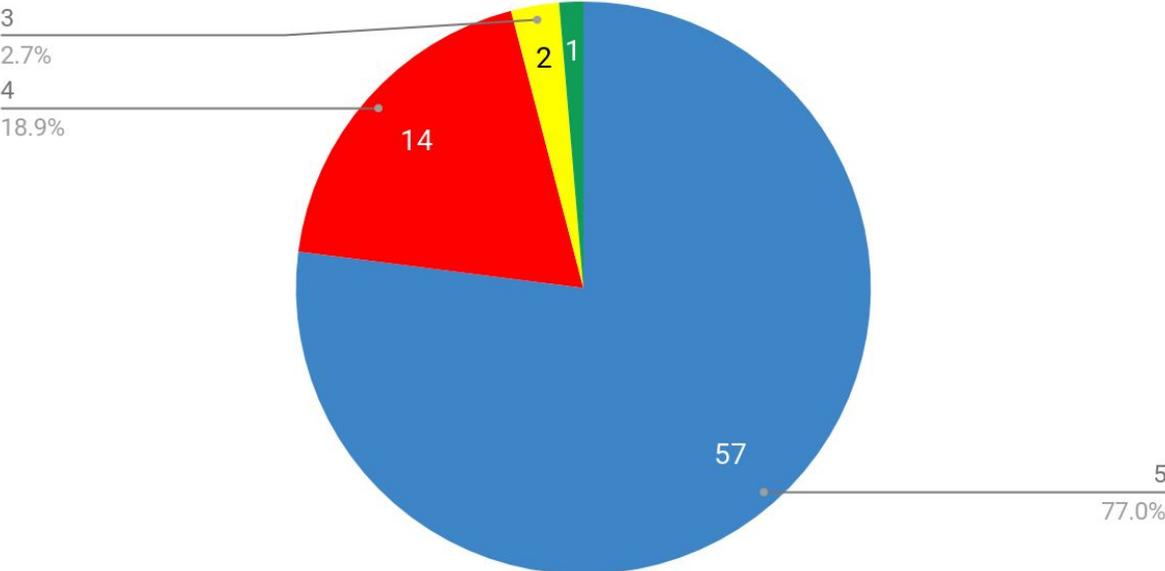


If you are a Teacher at DCE, what grades do you teach? (check all that apply)

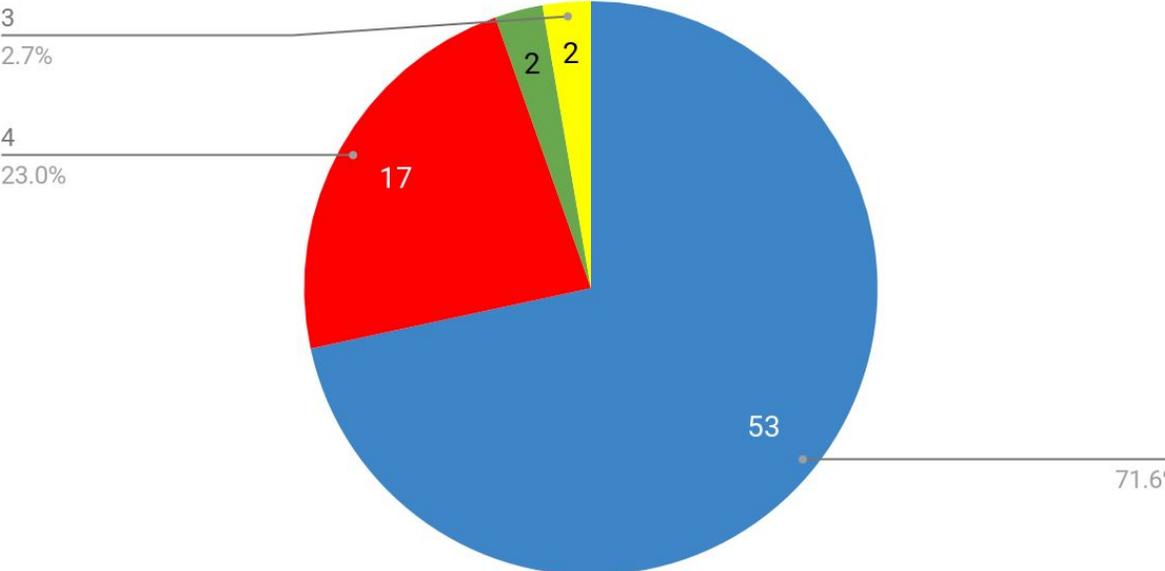
11 responses



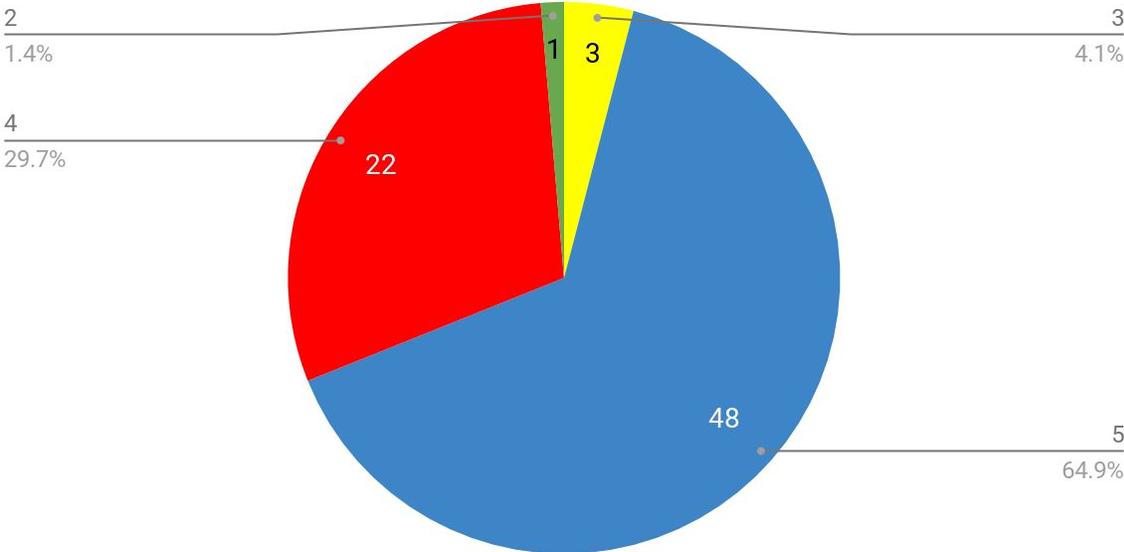
Positive Mental Health: School environment supports positive mental health in students and all community members by promoting



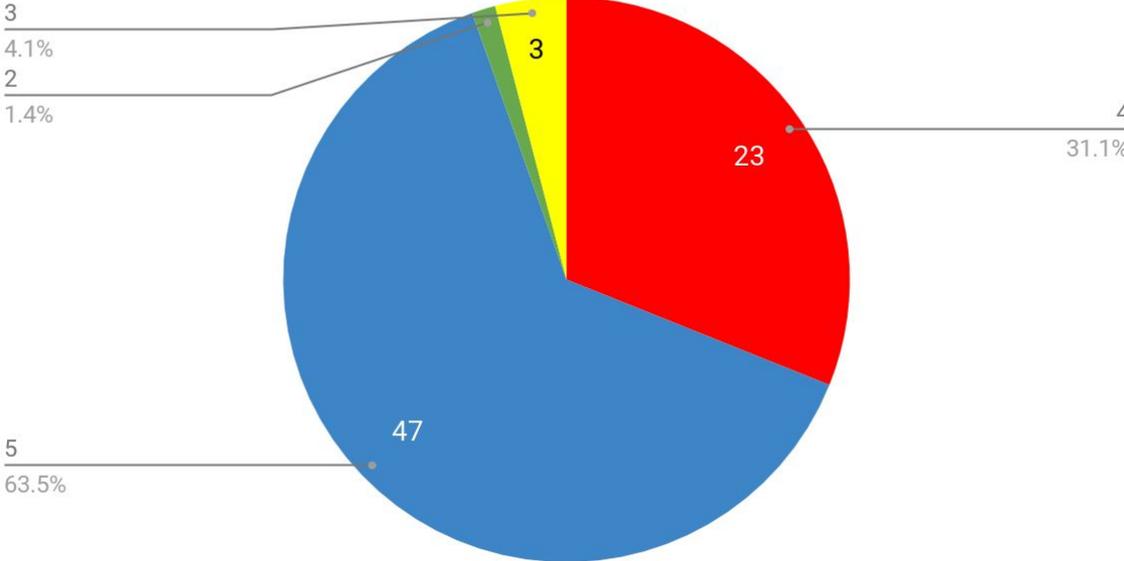
Social Environment: The learning environment is safe, supportive, and inclusive.



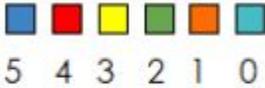
Social Skills: Students practice social skills that contribute to working cooperatively, problem-solving and building relationships.



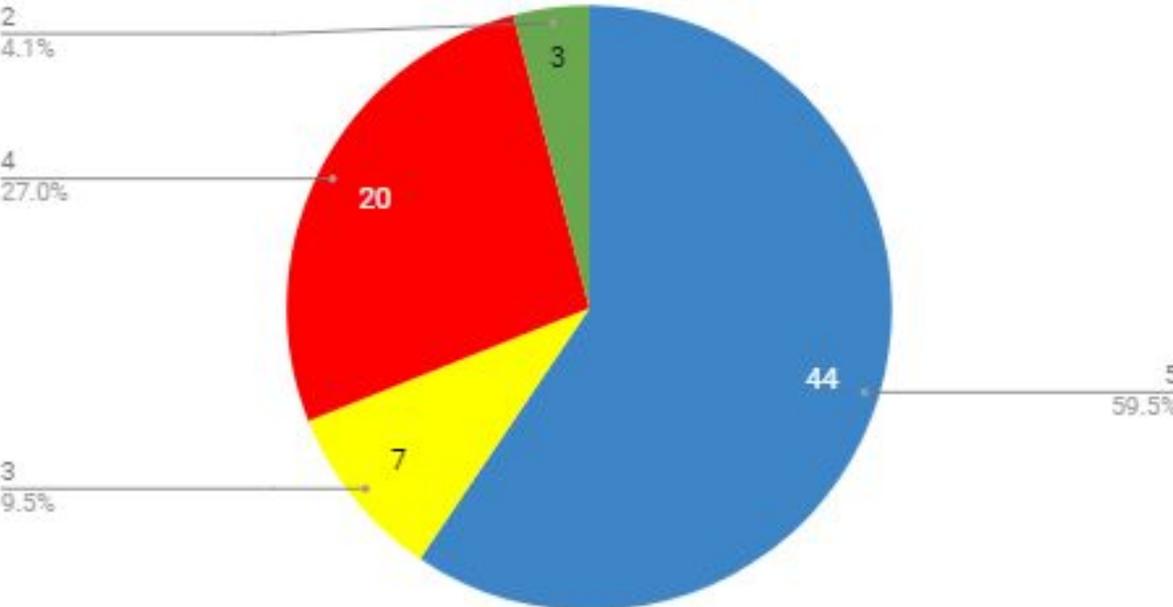
Modelling Healthy Relationships: Positive interactions encouraged between all members of the school community (staff, students and parents)



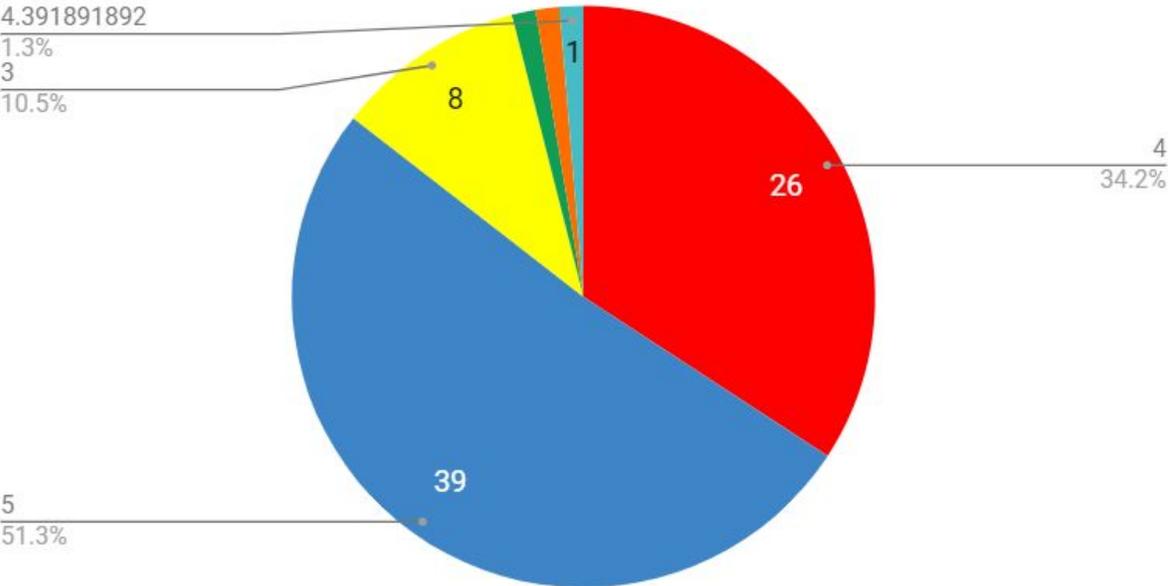
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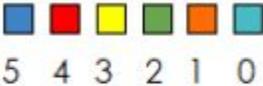
Inclusion and Diversity: The school community empowers its members through recognition, validation, and equitable treatment of each member's uniqueness.



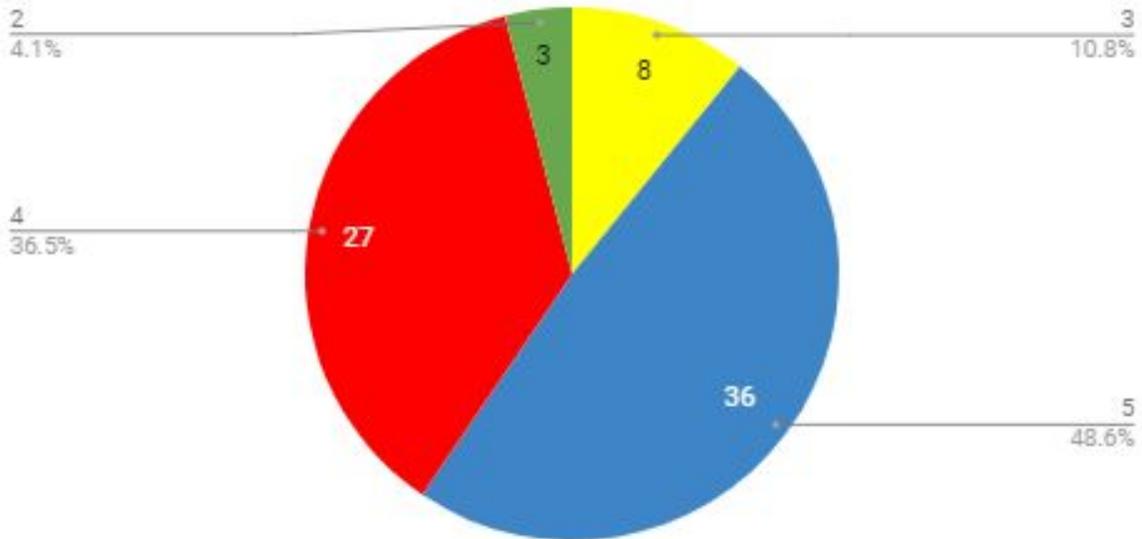
Physical Activity: A variety of opportunities for daily physical activity are provided in curricular and extra-curricular areas.



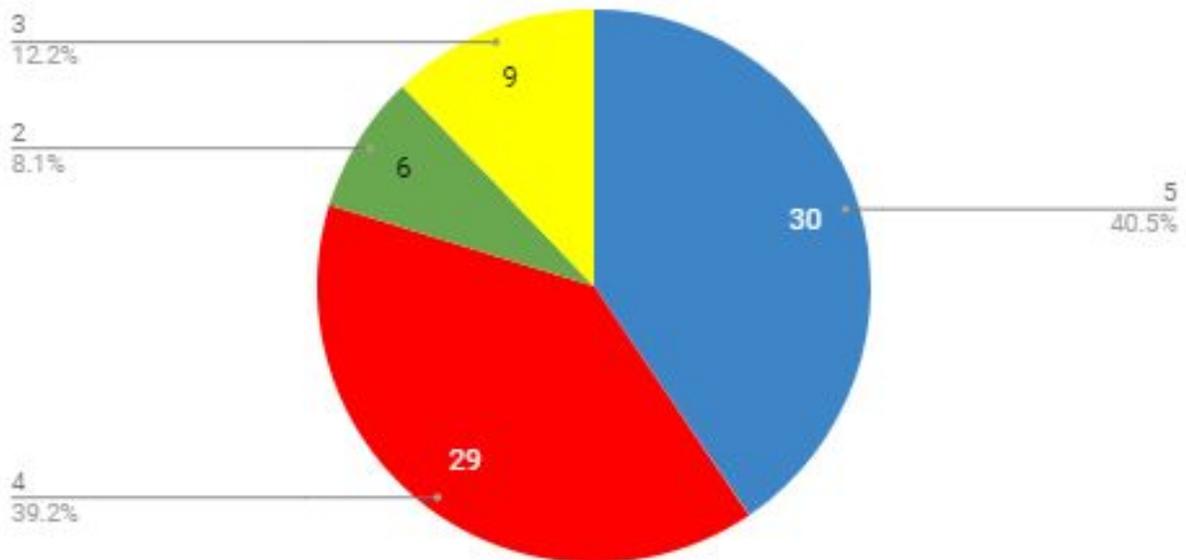
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School Community Connectedness: A positive school culture exists within our school community where students, staff, parents, and other members feel safe, valued and connected.



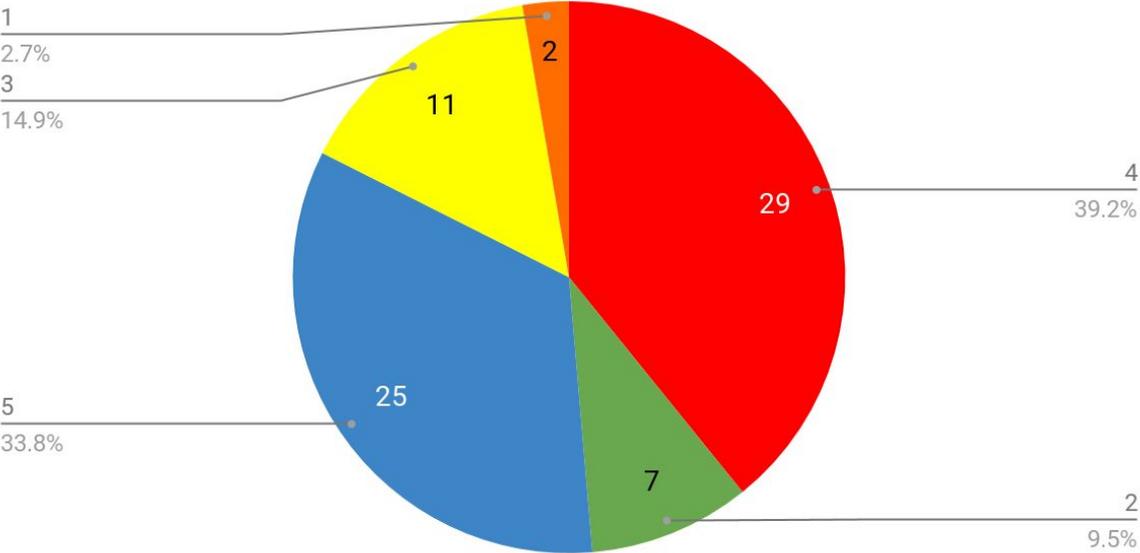
Physical Environment: The building, school grounds, play space, and equipment in and surrounding the school are safe, accessible, and support healthy choices for all members.



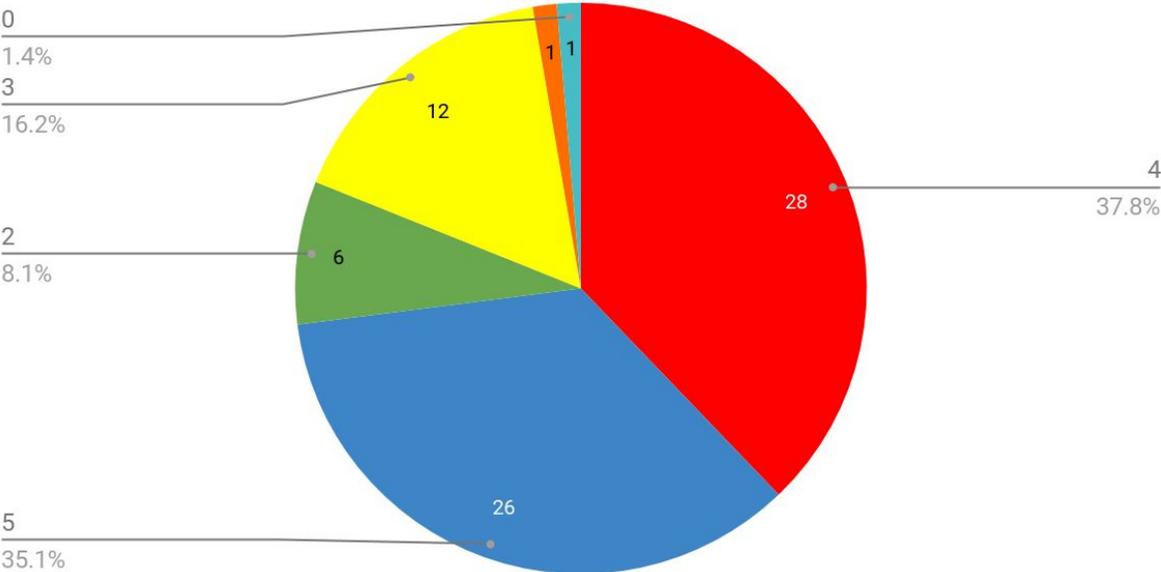
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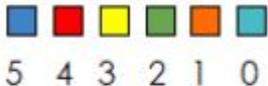
Healthy Food Environment: School environment teaches, supports and models healthy choices.



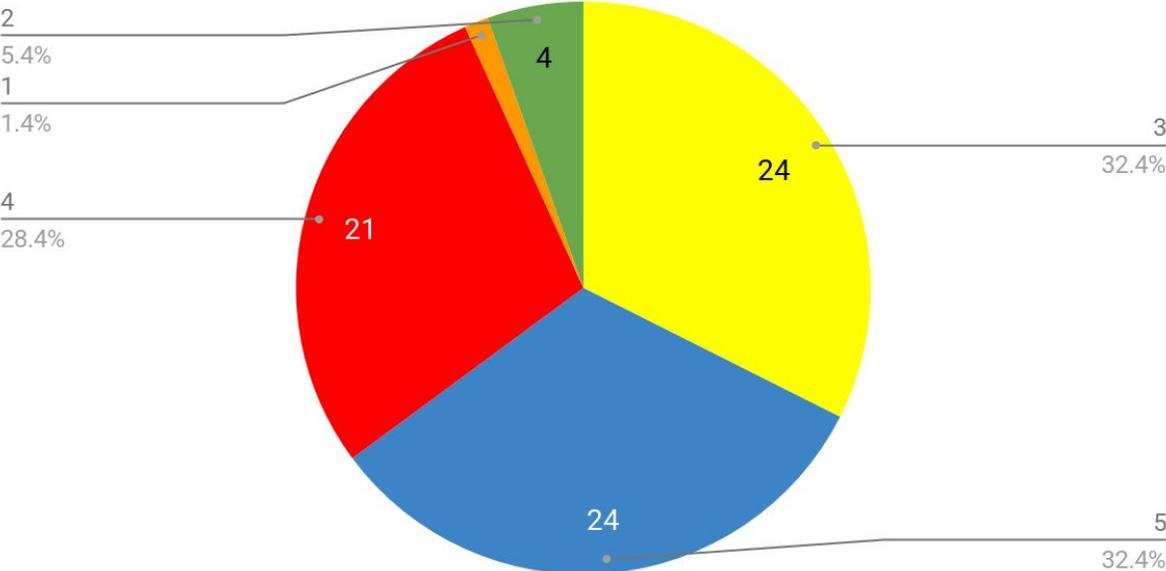
Healthy School Policy: Decision-making process, procedures and policies promote the health and well-being of all members.



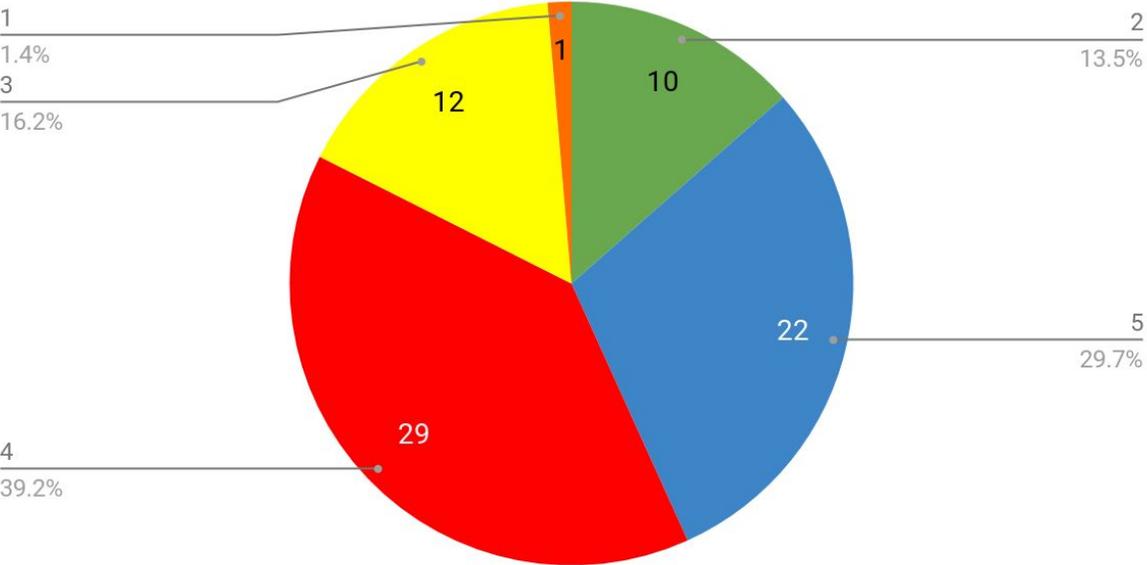
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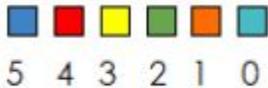
Environmental Health: The school participates in programs such as recycling, garden projects, reducing carbon footprint, etc.



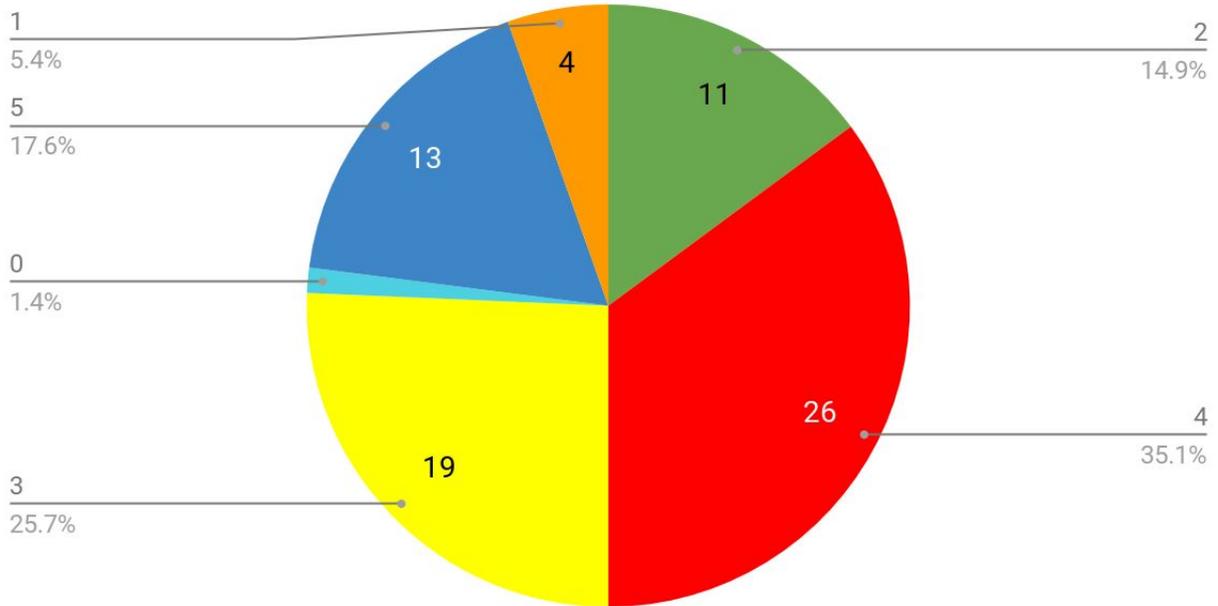
Recognition: Positive contributions and achievements of students, staff, and volunteers are acknowledged and applauded.



Legend



Partnerships and Services: Partnerships and engaged support exist from a broad network of community organizations, programs and businesses.



What does "wellness" mean to you? (46 Responses)

Overall healthy choices. Mental, physical and emotional well being.

Wellness is feeling healthy emotionally and physically. Setting and achieving personal goals to improve quality of life and happiness.

A sigh of relief because you know there isn't stress to be had in your day. That my mind, body, and soul are taken care of. It means being healthy and supported.

A positive image and impact for physical, mental and community well being.

To me Wellness in the school environment means providing a safe and inclusive space for our children to learn. It also includes physical, mental and healthy lessons and opportunities for everyone.

A balanced lifestyle

feeling balanced mentally and physically

All aspects, physical activity, mental health, nutritious food

Mental, physical and spiritual.

A wholistic focus on mental, physical and relational areas. Healthy and consistent
Health of mind, body, and soul.
Physical activity, healthy eating, and good mental health support.
A holistic approach of incorporating mind body and spirit
To me, wellness is a positive and content state of being that encompasses physical health and mental health.
Making healthy choices in all aspects of your life
Healthy mind body and soul. Balance
being in good health both physically and mentally
Healthy physically and mentally
A healthy, safe learning environment. Physically, emotionally and mentally.
Mental health, social skills - these are the foundations
Ensuring that everyone has sufficient physical activity to help encourage good mental health. As well as mental support for those that are having difficulties with the pressures of life (at every stage)
Creating a healthy and happy environment for the students/ staff and parents.
All around health. Including all aspects of our lifestyle. Mental, physical, spiritual
An overall feeling of being content physically and mentallly.
Overall well-being of a person, place or thing.
Health
Happy, stress free, safe,
Social, emotional and physical health.
Having an environment where children can learn and enjoy going because there are healthy respectful relationships with teachers and other children. Also, an environment where parents feel that their opinions are heard. Keeping children safe.
Both physical and emotional well being
being resilient or having the capacity to cope such that one is able to have a sense of well-being (this encompasses physical, mental, social, spiritual health).
To have supports in place for both physical and mental health.
Wellness means not only physical health, but also social and mental health (Staff Response)
Balance: physical, mental, social, environmental wellbeing and happiness. (Staff Response)
Whole wellness - body,mind and spirit (Staff Response)

Healthy mind, body, spirit (Staff Response)

In 'good health' physically, emotionally & socially (Staff Response)

Balance

Health and well being of a person. Whether physical, emotional, environmental and mental health. (Staff Response)

Being aware and actively working towards improving my mental, physical and social state. (Staff Response)

Mental, physical, social, and relational wellness. (Staff Response)

Strong mental health and an inclusive attitude toward others. (Staff Response)

Having all basic needs met. The opportunity to thrive physically, mentally, emotionally, spiritually and socially.

Mental, physical and emotional health so that each individual can participate and thrive to their potential.

A sense of feeling good in all aspects, body, mind and attitude.

A healthy environment both mentally and physically

What would you like to see from a committee such as this? 37 Responses

Teaching long-term life skills and exposure to new and interesting experiences. Ideas: gardening, yoga (or mindfulness), a milk program for students to purchase milk at school, a "Forgot my Lunch" program for students that forgot their lunch and know they can still have a meal (parents can donate non-perishables), a meal program for students that would otherwise go hungry, or have a "Walk to school day" where if possible students can all walk to school.

Action and implementation. Healthy school lunches; no more pizza, burgers, and the usual. Let's embrace the opportunity to re-invent the wheel and do better for our kids. It's easy to fall back on what "we did at our old school", but we can do better than that.

Teaching our kids problem solving skills in social settings that encourage them to self advocate without adults. Parent support in the school (this seems to be going well though).

Relief for teachers who have challenging students or are feeling exhausted.

Healthy options to include all the students, clubs that start in younger grades

Engaging people on all aspects of wellness

guest speakers for kids

Healthy hot lunch options, out of school and in school events (e.g. similar to the dove self esteem project)

Social community events, family inclusive events.

Focus on all areas of wellness

A positive group of advocates for all of our students needs.

Communication and information

Healthy food choices and a conscious effort towards modelling while living
Promotes healthy lifestyles through physical activities (run club, or dance parties during cold winter recesses). Promoting healthy eating and mental health practices.
Creating programs on all of the above topics. Education on wellness.
Support for kids who are struggling, a support structure that allows kids to be comfortable talking about their daily challenges and ways to over come them. Weather it be mental health or academic
Keep school accountable, community events
Helping with ideas and implementation to promote a positive environment.
Tell us about what your are doing with each of the topics listed above.
more community related activities and extra curricular
Fun activities as well as anti bullying and other positive events
Lunch programs, special activity groups (marathon club), encouraging mental health(meditation circle/ yoga club), giving back to the community
Meditation classes, yoga and breath work. bringing more mindfulness into the school by giving these kids the tools to stay calm and responsive rather than stressed and reactive.
No idea.
Implement initiatives and fun activities
I would like to see a committee that works together to support the school with activities and resources to support the social, emotional and physical well being of the students. I would not want a committee that would be making policies and procedures for students and parents at DCE.
encouraging positive relationships and creating guidance on how to interact socially while accepting the differences of others. Teaching children how to be safe. (in light of recent attacks in Strathcona Co school grounds).
More support for have kids moving and outside
challenge the status quo such that healthier practices become the norm; be guided by the school community
Event days (jump rope for heart? Maybe a fundraiser like physical activity in the gym (like what highschoools do with exercise bikes, but for our age of students) (Staff Response)
Support and ideas for how to promote all kinds of wellness. Spearhead special projects/ideas for teachers to jump on and do in their classrooms/throughout the school. (Staff Response)
I'd love to see a garden program and would be willing to help out if it starts up :) (Staff Response)
Activities that focus on life-work balance (Staff Response)
Involvement and support of projects and events to help promote a all around positive school environment. (Staff Response)

creation of activities for both students, staff and community members (Staff Response)

Sharing positive feedback. Supporting or facilitating wellness activities for students and staff that supports a positive school culture/environment. (Staff Response)

Activities supporting inclusion and equality (Staff Response)

Providing an environment that encompasses all the things wellness is and stands for. Creating a space that kids love to go to and feel like they belong. A place where they are taught how to live their best life and take care of themselves and others. Where they learn to be physically, mentally, and emotionally healthy.

Support from the school's senior management

Would you be willing to join the Wellness Committee?

74 responses

