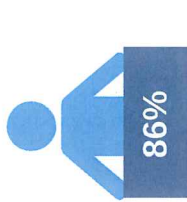


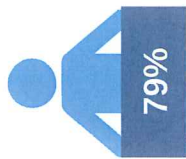


Mental Well-Being Profile: School District 75

Overall Mental Health



of students rate their health as good or excellent [90% of males vs 83% of females]



of students rate their mental health as good or excellent

McCreary, 2013

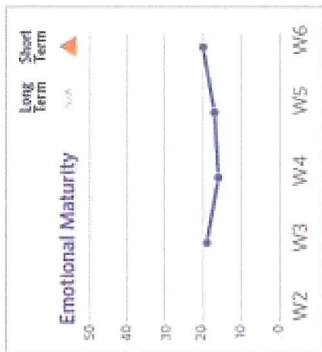
Social and Emotional Wellness

Social & emotional wellness is associated with significant improvements in students' academic achievement test scores.

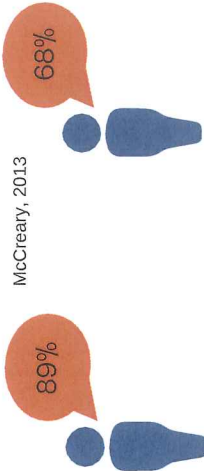
Effective social & emotional learning significantly improve students' social-emotional skills, attitudes about self and others, and social interactions.

Trends of Social Competence and Emotional Maturity

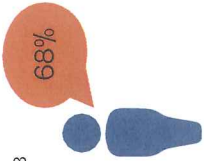
EDI, Wave 6



Social & emotional learning involves the processes through which children & adults acquire & effectively apply the knowledge, attitudes, & skills necessary to understand and manage emotions, set & achieve positive goals, feel & show empathy for others, establish & maintain positive relationships, & make responsible decisions

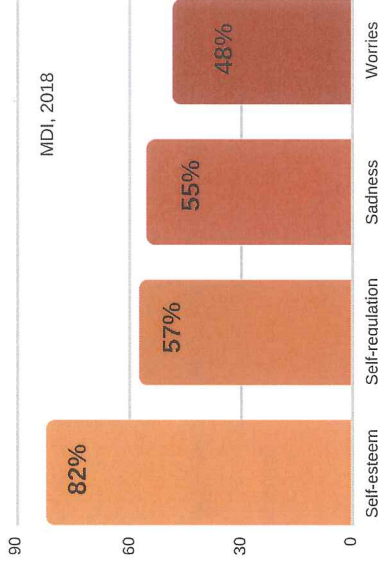


of males feel good about themselves



of females feel good about themselves

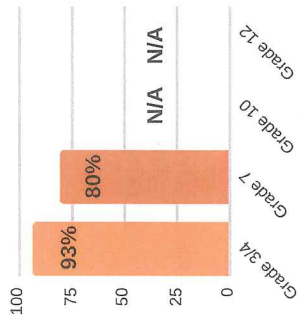
McCreary, 2013



Grade 4 students reporting a high well-being about their self-esteem, short-term self-regulation, absence of sadness and for absence of worries

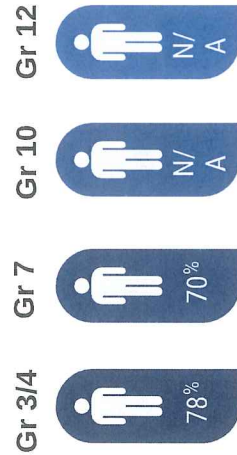
Social Connectedness

... is about creating a school community where everyone feels safe, seen, heard, supported, significant and cared for - a protective factor



students who identify 2 or more adults at school that care about them

Student Learning Survey, 2015/16



Gr 3/4



Gr 7



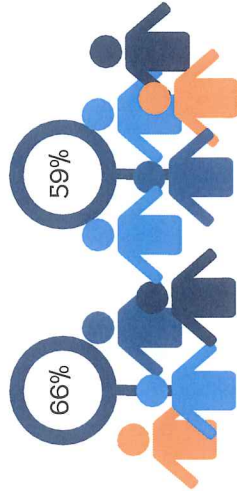
Gr 10



Gr 12

students who stated that "many times" or "all times" they feel welcome at school

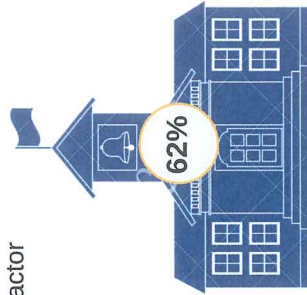
Student Learning Survey, 2015/16



Gr 4

students report high well-being for peer belonging to a social group

MDI, 2018



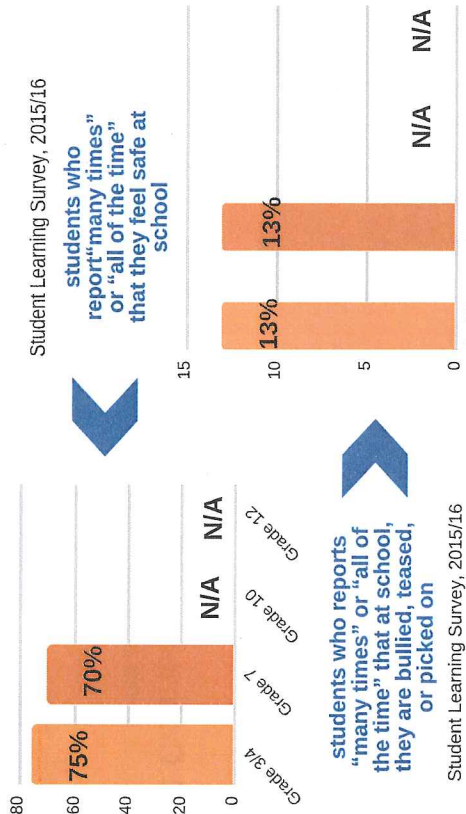
students felt they were part of their school

McCreary, 2013

Mental Well-Being Profile: School District 75

Bullying

Students who feel safer at school are more attentive & efficient in the classroom & report fewer symptoms of depression, such as feeling unhappy & having difficulty enjoying themselves

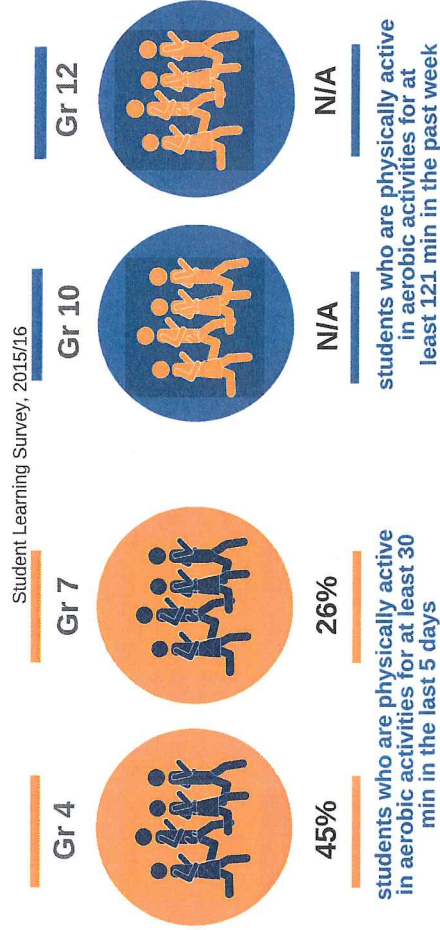


Some students are at greater risk of bullying than others, students unsure of their sexual orientation, have a developmental disability, are obese, or are part of an ethnic minority are more likely to be bullied at school.



Physical Activity

Physical activity & exercise are a strategy to promote mental wellness - to promote mental wellness, physical activity needs to be fun, stimulating & rewarding for the child or youth.



Canadian Physical Activity Guidelines

children & youth (5 to 17 years) engage in at least 60 minutes of moderate to vigorous physical activity every day



Common Features of Effective School-Based Mental Health Promotion Programs

The most effective school based programs for promoting mental health are comprehensive & target multiple health outcomes, involve the whole community, focus on personal skill development, include parents & the wider community & implemented over a period of time.

- Balancing universal and targeted approaches
- Starting with youngest children, progress to older grades
- Teaching social and emotional skills
- Incorporating mental health into academic learning
- Implementing interventions completely and accurately