

Student Well-Being and Mental Health

What is our goal?

- To improve mental health and well-being for all students by ensuring that students experience a sense of belonging at school and that they are engaged in their learning.
- To create learning environments that are equitable, safe, engaging and inclusive for all students and ensure students feel that their identities are represented positively in their school's processes, resources and special programs.
- To connect every student to at least one caring adult at their school.

How will we achieve it?

- Develop a school improvement goal in well-being that accurately reflects area(s) of need in school-level data (e.g., Student and Parent Census, School Climate Surveys, Attendance & Absenteeism, Demographic and well-being) and reflects an awareness of how personal bias impacts our interpretations of those data (by December 2018 and ongoing)
- Share evidence-based strategies for improving well-being with schools through a central webpage (March 2019)
- Support leaders in evaluating curriculum resources and co-curricular programs focused on improving well-being based on criteria such as: developmental and cultural relevance, principles of equity and human rights, student interest and evidence of impact (ongoing)
- Develop informal school-based tools to measure the effectiveness of school improvement strategies on improving student well-being (June 2019)
- Strategically align all services, strengthen collaboration and build capacity among various staff supporting mental health and well-being by coordinating service for students at the Learning Centre level and providing joint professional learning (ongoing)
- Develop and share strategies with schools to ensure the educational use of technology in the classroom is consistent with TDSB's commitments to equity, while mitigating the adverse impact of screen-time on students' mental health and well-being (ongoing)
- Integrate the strategies for improving student well-being and mental health in all professional learning opportunities (ongoing)
- Support Principals to collaborate with staff to ensure every student is connected to at least one caring adult and monitor the impact (ongoing)
- Reduce stigmatization of mental health through the leadership of Mental Health Leads and school teams (ongoing)

Student Well-Being and Mental Health (cont'd)

How will we achieve it?

- Partner with students, families and others (e.g., School Mental Health Assist, Ministry of Education, and Toronto Public Health) in the development and implementation of well-being actions to enhance student resilience, coping and help-seeking skills (Fall 2018)
- Provide training on suicide prevention to various employee groups (Fall-Winter 2018)
- Collaborate with the Ministry of Education and Toronto Public Health on strategies to address substance abuse and addictions (i.e., cannabis, opioids) (Fall 2018)
- Liaise with the City of Toronto and partner agencies on activities and initiatives to advance the Active Transportation Strategy in school communities across the city (ongoing)
- Enhance our Partnerships with health/mental health agencies including Toronto Public Health to support the well-being of our students (ongoing)

How will we know we are successful?

- Gaps in achievement and well-being will decrease while expectations remain high for all students.
- Student engagement will increase as the voice, experience, identity and expertise of students are used to inform decision making.
- Progress will be reflected in student achievement data, school climate surveys and student focus groups