

Greater Victoria School District (SD 61):

Greater Victoria School District (SD 61) aims to utilize a Comprehensive School Health Approach and prioritize holistic wellness across their district. In order to do so, SD 61 had each middle school and secondary school in their district appoint one representative to be a Social Emotional Wellbeing Advocate (SEWA). The HSBC Regional Grant provided the SEWAs with a one-day retreat where each advocate received resources and mentoring to integrate social emotional learning within their classrooms as well as the First Peoples Principles of Learning. The learnings from the retreat were then implemented in each participating school in the district by their respective SEWA. In addition to this, the HSBC Regional Grant facilitated a stronger relationship between partners in both health and education in the SD 61 community.

W SÁNEĆ Leadership Secondary School and ŁÁU, WELNEW Elementary School:

W SÁNEĆ Leadership Secondary School and ŁÁU, WELNEW Elementary School utilized the HSBC Regional Grant to support the expansion of their athletics program that was once non-existent only two years ago. Their healthy school team encourages all students to participate in the new athletics program not only to increase levels of physical activity but also because they noticed the program enabled positive influences on school connectedness and team building skills.

The HSBC Regional Grant also was a driver in strengthening the relationship between the school region and Island Health Authority. Public health nurse Keely Kastrukoff who was an active partner in the grant initiative, has now also led Pro D days, and provided advice for other health priority areas for the W SÁNEĆ school community.

Burnaby (SD 41)

Stride Avenue Community School and Morley Elementary School in Burnaby worked together to strengthen their schools' relationship with Fraser Health Authority and increase school connectedness with the parents in each of their respective school communities. With the HSBC Regional grant, the schools were able to purchase yoga mats and offer yoga sessions for students, parents, and staff led by a Burnaby Parks and Recreation yoga instructor in their community. SD 41 also purchased a variety of books focused on positive mental health to share with parents and staff. In addition to this, both schools, in partnership with Fraser Health Authority, hosted interactive parent engagement sessions with a primary focus on positive mental health.

Chilliwack (SD 33)

In partnership with Fraser Health Authority, Chilliwack school district staff used their HSBC Regional Grant to host a Youth Mental Health Summit for the students in their district. The purpose of the Summit was to support student voice on mental well-being because the district has found this to be a priority area for them. The students were able to take their learnings from the Summit, and promote mental well-being and supportive school

environments for their own schools during a district wide Mental Health Week. Not only is the initiative prioritized by school district staff but also by SD 33 school teachers and counsellors.

North Okanagan – Shuswap (SD 83)

SD 83 worked together with several community partners in order to utilize a Comprehensive School Health approach for their initiative, including Interior Health Authority, regional Indigenous bands, community yoga instructors, and the UBCO teacher education program. SD 83 split up their HSBC Regional Grant into seven mini grant applications that each of the schools in their district were able to apply for. Those schools that were successful were able to choose a mental well-being initiative that best met the needs of their specific school population. SD 83 has also put together a wellness committee in partnership with Interior Health Authority to strengthen student mental health k-12 education and to develop a district wide wellness strategy.

Nechako Lakes (SD 91)

The HSBC Regional Grant contributed to the development of a greenhouse and garden project for the SD 91 school community. William Morris Elementary, Lakes District Family Enhancement Society, and Northern Health Authority worked in partnership to take on a multifaceted, holistic approach to their garden project with a focus that supports the First Peoples' Principles of Learning. Students were able to grow, transplant, and maintain the plants, socialize with one another, and take ownership over the space as active partners. Students were also encouraged to reflect on their thoughts, feelings, and learnings while working in the garden.

Kootenay Lake (SD 8)

The HSBC Regional Grant facilitated a partnership between SD 8 and the recreation coordinator of the Lower Kootenay Band, community members, members of Chief and Council, and Yagan Nukiy school. This partnership worked together to provide run/ walk training for students and their families to participate in an end of the year 5km wuqanqankimik run/ walk event. The training for the event was provided by SportMed and ISPARC. Registration for the event topped over 550 participants in the community, who could also engage in healthy active living learning opportunities provided by SD 8.

North & West Vancouver School Districts (SD 44 & 45)

North & West Vancouver School Districts utilized their HSBC Regional Grant to support the promotion of positive mental health by purchasing a multiagency license of the documentary Resilience. The documentary was available at multiple screenings across the community including North Vancouver School District, West Vancouver Schools, Vancouver Coastal Health Authority, Foundry North Shore, and the Ministry of Children & Family Development. Three of the sessions were made into public events with a panel discussion with

experts who answered questions after the movie. The experts were able to provide more detailed information on ACEs and programs that focus on positive mental health that are available in the North Shore community. The initiative had 300 people register and 140 attendees across the SD 44 & 45 communities.