

**School Name: Burnaby South Secondary Principal: Victoria Lee Date: May 26, 2021**

**Health Goal: To improve the mental, emotional and physical health of students and to increase knowledge in the areas of sleep, physical activity, food and nutrition and Mental Health (recognizing and responding to stress) in our students.**

*WHAT DOES OUR FOCUS NEED TO BE?*

***What evidence identifies the focus? What targeted groups are addressed?
Where will concentrating your energies yield the greatest effect?***

The Health Committee created and administered the Burnaby South Health and Wellness Student Self Assessment after looking at data received from the previous school year and the results from participating in the COMPASS survey on Canadian Student Health. Its findings regarding sleep were consistent with our own survey results. The survey also showed that we need to address the nutrition aspect of our student population. We also saw that students (especially in senior grades) were not meeting the physical activity Canadian guidelines. The entire student population is our target as these issues affect all types of learners of all ages. We had hoped to focus a greater effort on educating our Gr. 8s and 9s, so that they can have the tools to help them cope with the added demands they face in Grades 10, 11 and 12.

*SCANNING*

***What’s going on for your learners in relation to your goal?
How are you supporting the diverse learning needs of your school population in relation to the goal?***Teachers and counsellors are noticing that our students are increasingly anxious and dealing with mental health issues. The school is also seeing students coming to school lethargic, and the concentration levels of students are low in the morning. We have also found that students are not as physically active on a consistent basis. To address this, we purposely created our own Burnaby South Health & Wellness Student Self Assessment using the Ministry of Education proficiency scale (Emerging, Developing, Proficient, Extending) to help students understand the goal. We also have weekly health information placed in our school newsletter on the topics of sleep, food & nutrition, physical activity and mental health (recognizing and responding to stress). We also have one week in March devoted to Health.

*SPECIFIC GOAL YOU ARE ADDRESSING:*

***How does your data inform next steps? What is contributing to this area of focus? How will students benefit academically, personally, socially?***

The data has shown that we have made progress in the area of sleep. Our senior students are sleeping more than before (but this may be due to the later start as flex time was built into the morning classes). We still need to focus on energies on the mental health aspect as students are still struggling in this area. Consistent physical activity is another area that needs continued work, especially since now students are not taking Physical Education classes all year round. We have seen slight improvement in the number of students that are eating breakfast.
Our student will benefit academically, personally and socially when they implement a healthy lifestyle. Much of our efforts this year with articles in the school newsletter was trying to inform students about the connection between a healthy mind/body will lead to increase academic success in their school studies.

*CHECKING*

***Have we made enough of a difference? Feedback, data collection, data sharing, data analysis. How is the data informing / modifying practice? What has changed for your target groups?***

We will continue to collect data from our students using our Burnaby South Health and Wellness Student Self Assessment rubric. During Quarter 3, we also got some qualitative feedback from our students. Over 25% of them said they saw improvement in one or more of the 4 focus areas. Here is a sampling of their thoughts:
\* Being less lenient on sleep, making it less of an option more of a priority
\* created a routine and habit to exercise everyday; have a routine before bed.
\* an increase in motivation and a change in perceived self image
\* having better time management, taking breaks & talking to people about my stress
\* not leaving work to do the day before suppose to hand it in or doing my homework and
 handing it in on time instead of 1 day before marks cut off
\* more aware about the need to eat a healthy meal each day and the benefits it brings.
Despite these successes, we still have areas to improve. Although students seem to be able to recognize stress, there are still opportunities to have them grow in how they respond to stress. Senior students seem to also only have consistent physical activity if they are enrolled in a sport or physical education class in school. Eating breakfast before school is still a work in progress for many.

*NEXT STEPS:*

***What requires further attention? Where to next?***

We have concluded that even though we made progress in our 4 identified focus areas, we should continue to keep them for the following school year. They are sleep, food and nutrition, physical activity and mental health (stress).

The Health Committee will continue find ways to partner with student led clubs to have their input and for them to be the lead of these initiatives. We are focusing away from having adults lead these events and opportunities to those that are student led and student focus.

We would like students to use social media as well as school events (if possible after covid-19 restrictions are relaxed) to continue to conversion of health and wellness on a regular basis throughout the school year (and not just during Health week).

Regarding staff awareness, we can also continue to bring in more guest speakers during professional development days. I am hoping to also give staff members an opportunity to share their own thoughts and ideas perhaps through lunch and learn sessions for the next school year.

*HOW AND WHERE CAN WE LEARN MORE?*

***What professional learning has taken place and what is needed/ planned? What resources and school/ district supports are you using?***

This year, we have used the “30 Days of Mindfulness in the Classroom” document created by CALM. Many staff have also participated in mental health workshops on the February District Pro-D day.

We do need to get more resources into the hands of our educators and students. However, we believe that we do need some in-person professional development. Many are getting tired of the zoom meeting presentations.

We could bring in our district counsellors, mental health professionals in the field, our school community nurse and nutritionist to help educate us.

*TAKING ACTION / WHAT ARE WE DOING DIFFERENTLY?*

***What is your implementation plan? Roles of key stakeholders? How are all 3 tiers supported? How will you monitor progress?***

Our plan is to continue to focus our health goal efforts around the ideas of **sleep, stress, nutrition and physical activity**. We want to continue to target three key stakeholder groups: staff, students and parents. We want all groups to be educated with the same information and also be aware of the resources in the school and community. To do this, we plan on sharing this data with our school community and with the Burnaby School District and our public health nurse.

We also have a student led Mental Health Club that is activity participating in our teacher led Health Committee. There is also a group of students who would like to form a Wellness Club, that will complement the Mental Health Awareness Club. The Wellness club would function like the Mental Health one but would focus on the other health initiatives – namely food/nutrition and physical health. We will share these results and work together with the students to come up with some student approved ways of addressing these issues. We would also like to present our survey results to our parent population and give them the same educational information and tools that we want to provide our students. We want to continue our approach of both educating the students, as well as their parents/guardians. We also want to continue leveraging our key contacts in the community. We hope to continue work with Burnaby School District counsellors, our local community Mental Health professionals and continue to engage with our school nurse and nutritionist to further our goal next year.

We will continue to monitor our progress by continuing to the Burnaby South Health and Wellness Student Self Assessment rubric what year over year changes are occurring in our student population in the areas of sleep, food and nutrition, physical activity, and mental health (stress). All these results will be used to gauge the effectiveness of our new health initiatives and supports we will implement in the future.

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