

STAFF WELLNESS

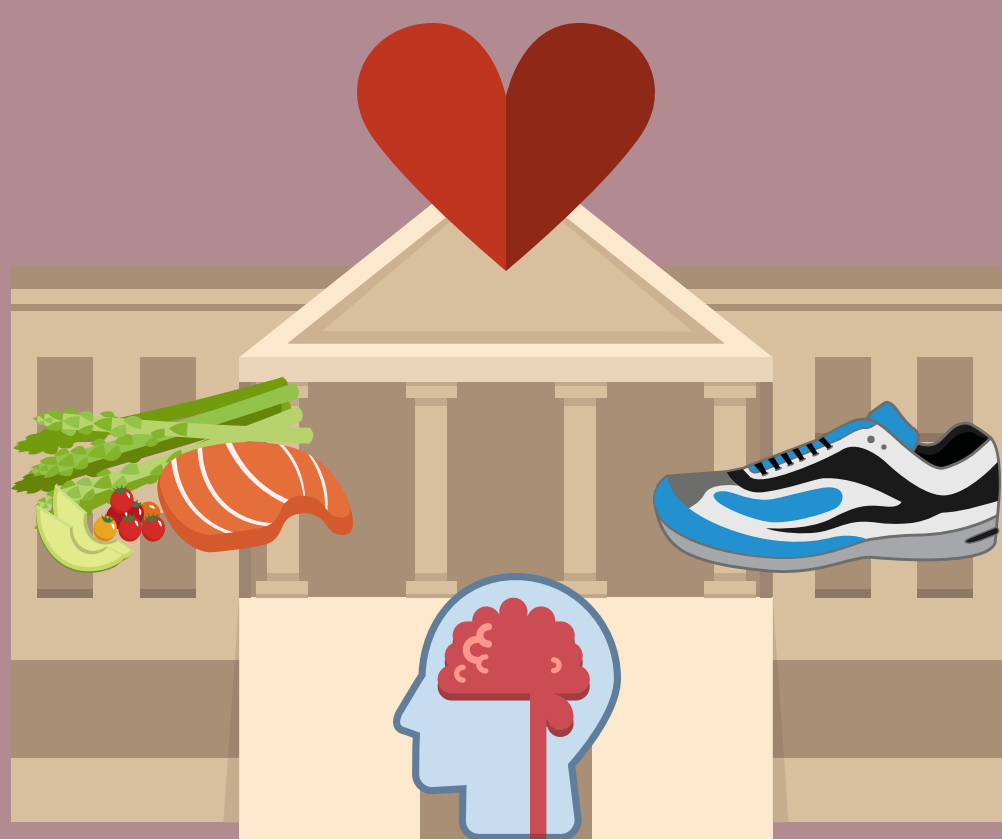
in a Healthy School Community

Comprehensive School Health is an approach to student health and learning outcomes, which supports the development of healthy school communities.

A healthy school community includes students, school staff, families and other community stakeholders.

Encouraging school staff to embrace wellness can help build the capacity necessary for them to be effective wellness role models in the classroom, which also supports the social and emotional well-being of staff and contributes to a positive school climate.

When wellness is at the heart of school values, academic outcomes, improved school climate and positive social environments are realized for all members of the school community.



SMARTY GOALS¹

Alberta School Employee Benefit Plan (ASEBP) recognizes that healthy schools start on the inside. Check out the Sandbox for resources that support staff wellness within a healthy school community, which includes "Setting SMARTY Goals for Achieving a Wellness Culture."¹



SOURCE BLOCK

1 ASEBP. Setting SMARTY Goals for Achieving a Wellness Culture.
<https://thewellnesssandbox.ca/public/download/documents/34586>

2 T. Noble, H. McGrath, S. Roffey, and L. Rowling, A Scoping Study on Student Well-being. Canberra, ACT: Department of Education, Employment & Workplace Relations. 2008.

3 Canadian School Boards Association. School Health and Wellness.
<http://cdnsba.org/resources/student-health-and-wellness>

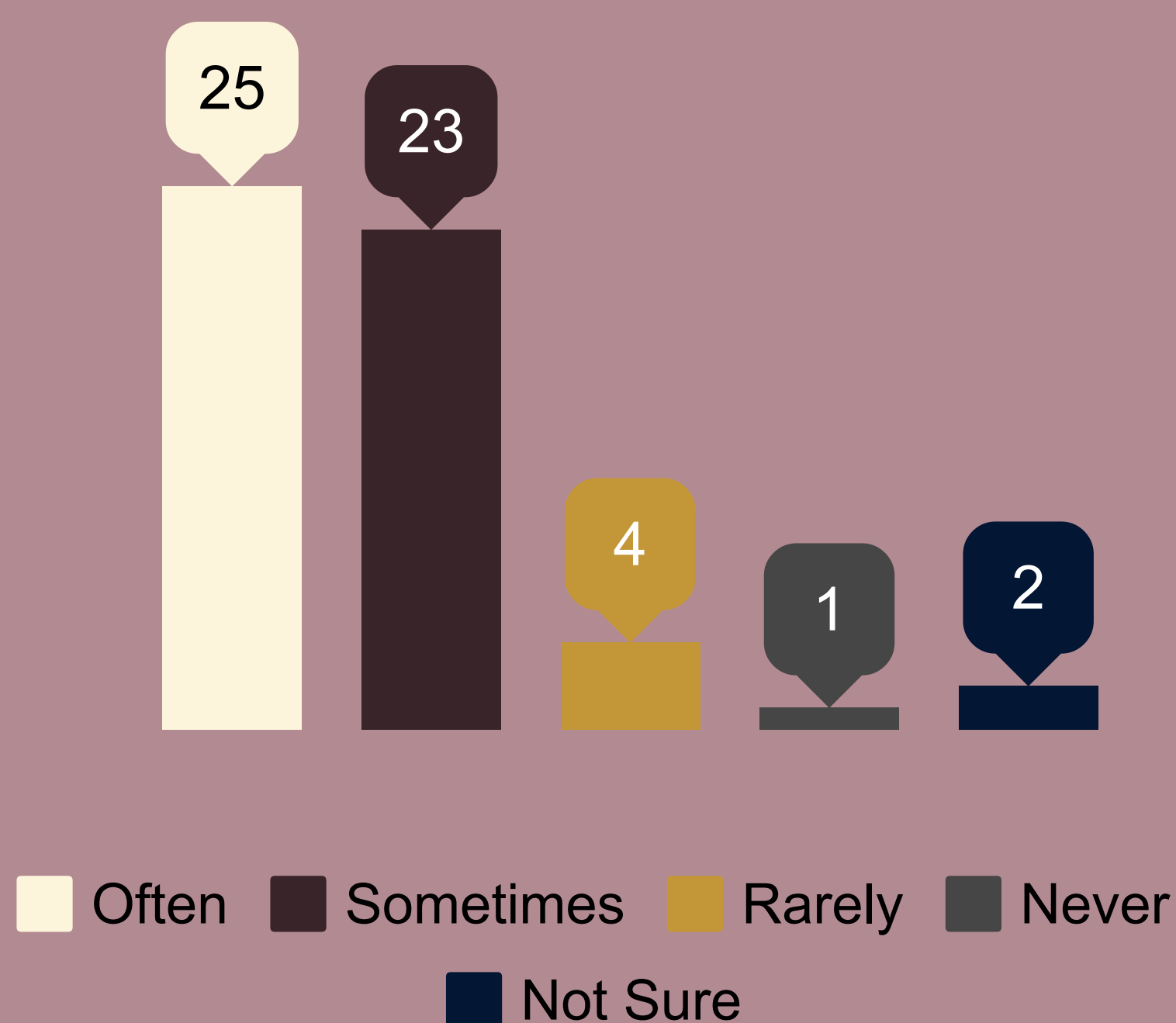
4. Banerjee, R., McLaughlin, C., Cotney, J., Roberts, L. & Peereboom, C. Promoting Emotional Health, Well-being and Resilience in Primary Schools. Public Policy Institute for Wales. University of Sussex. 2016.



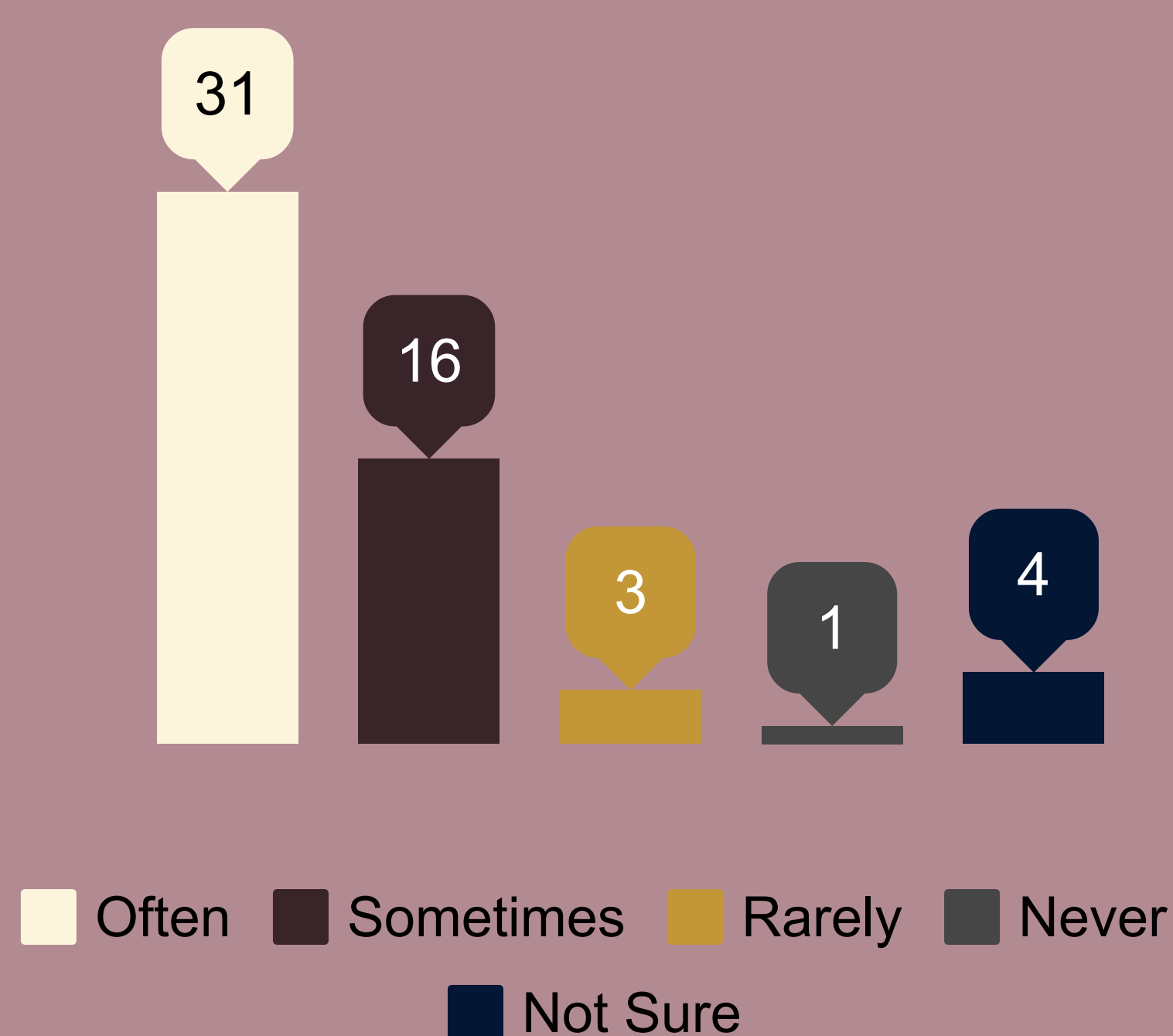
VALUING WELLNESS

The data below represents Wellness Fund project reporting from 2017

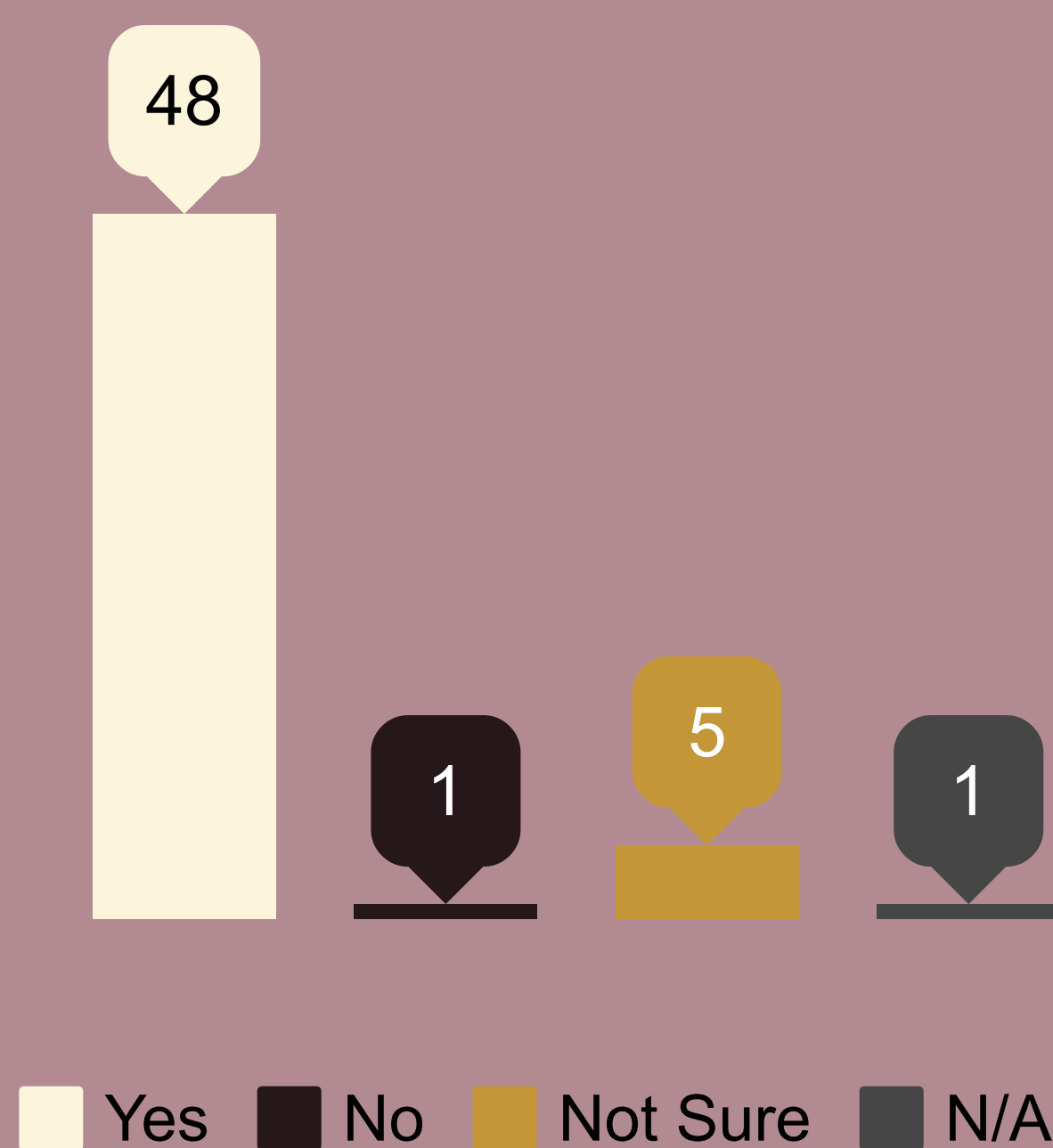
Does your district offer specific PD days on wellness topics?



Does your district highlight the importance of wellness in staff events?



Have schools in your district taken specific measures to improve the social and physical environment of the school?



BRIDGING THE GAP WITH WHOLE SCHOOL WELLNESS

Staff participation in student-led wellness initiatives is a great way to improve the social environment of the school, and provide staff an opportunity to prioritize their wellness at school.



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