

# Healthy Schools Grant Annual Report

**School: Highland Park Junior High**

**School year: 2021-22**

## SUMMARY

Work undertaken with assistance from the grant to improve student well-being and success and how it supported the Student Success Plan (SSP):

We chose to enhance learning opportunities for our grade 7 students with a focus on the learner and the understanding that well-being embodies each learner's spirit, as well as their cognitive, physical, and emotional aspects of being.

Our purpose was to encourage relationship-building centered on the understanding we all are connected through Treaties of Peace and Friendship. The goal was to continue to support the social and emotional needs of our grade 7 students in a focused and strategic manner through the Healthy Living 7 program.

Support was focused on skills as set out in the curriculum outcomes below:

**Outcome:** Learners will analyse how life skills influence physical, mental, emotional, social, and spiritual health

Indicators

- Analyse ways in which peer, media, and social norms influence healthy decision-making (CZ, COM, CT, PCD, TF)
- Investigate healthy ways of coping with difficult emotions and challenging life circumstances (CZ, COM, CT, PCD)
- Investigate interpersonal skills that enhance health (CZ, COM, PCD)

**Outcome:** Learners will analyse the relationships between health behaviours and physical, mental, emotional, social, and spiritual health

Indicators

- Investigate healthy behaviours for using new technologies and media (CZ, CT, PCD, TF)
- Question the relationship between sleep and health (CZ, CT, PCD, TF)
- Investigate the relationship between physical activity and health (CZ, CT, PCD)
- Analyse food choices and eating habits that contribute to health (CZ, CT, PCD)
- Compare ways for preventing the spread of communicable diseases (CZ, CT, PCD)

Our grant money was used to hire a teacher with a background in social emotional curriculum to support specific components of our Healthy Living 7 programming through co-teaching with current Healthy Living teacher.

This co-teaching occurred 2 days a week in the grade 7 healthy living classes. A collaborative model was also developed to partner with our Child and Youth Care Practitioner promoting positive classroom behaviours and connecting this with appropriate social and emotional interactions.

Other areas of focus:

Character / Confidence and resilience building

Goal Setting – self awareness, steps that individuals can take to be successful

Building on character strengths

Build skills that help students manage stress and anxiety  
 Relationships are key, particularly with peers

## DETERMINING PRIORITIES

How the school engaged with students, teachers, the School Advisory Council (SAC), and other partners within the school community, to determine how to use grant funds:

Healthy Living support grant proposal reported on and supported through our SAC.

Student surveys conducted through our grade 7 Healthy Living classes. Teachers collaborated on the focus needed, specifically with our grade 7 classes.

How the data from Student Success Surveys, and other sources of student evidence that provide a picture of student health and well-being, were considered when determining how to use these funds:

Student Success Survey was a major component of teacher collaboration to develop lessons that supported the healthy development where student well-being was identified.

## EXPENDITURES

Project/item	Link to health and well-being	Expenditure
Substitute costs for our substitute teacher who focussed on life skills and healthy relationships with grade 7 Healthy Living teacher.	<input checked="" type="checkbox"/> supports student mental and physical health <input type="checkbox"/> supports land-based and outdoor learning <input type="checkbox"/> supports cultural opportunities and health  <i>Impact (optional):</i> GAINS: many grade 7 students learned to be reflective of their emotions and could recognize effective ways of coping in different situations.	\$4244.00
<b>Healthy Schools Grant Expenditure TOTAL</b>		\$4244.00