



SIPSAW – School Improvement Plan for Student Achievement and Wellness

Goal: To nurture wellness in staff and students through shared intentional practices that focus on the components of wellness.

Plan:

- S1 Wellness Team initiatives: Wellness Wednesdays, Monthly FISH recognition, Mentorship program development
- SHSM training focused on mental health for staff and SHSM students
- S2 Developing practices to support student wellness driven from data in Tell Them From Me survey
- S2 continue with initiatives from S1
- Mental Health focused PD day on April 5, 2019
- Pilot Mentorship program in western region
- TR Leger students will be surveyed to determine their areas of interest in Wellness areas
- Wellness team will meet to consider regional student wellness teams
- Regional Student Wellness teams will meet to discuss student initiatives
- Students in TR Leger West will participate in Powerful Emotions Wellness Day

Reflection/ Year in Review: Posted June 14, 2019

Staff Initiatives

- Wellness initiatives were well-received by staff, particularly the Wellness Wednesday newsletters and the Wellness PD Day.
- A mentorship handbook was created and will be used with new to TR Leger staff next year.

Student Initiatives

- 11 certification opportunities were offered this year with SHSM
- We have increased the number of students participating and the SHSM is growing.
- We have formed a Student Voice Council and have plans to support wellness initiatives at all campuses of TR in all regions.
- For next year, our SIPSAW goals will primarily focus on student initiatives.

Overall Conclusion: Our Wellness SIPSAW was extremely successful this year. We have increased the conversations and activities that focus on wellness and highlighted the importance of wellness for staff and students.