

TEAM

PRESENTATION, SHAPING THE FUTURE

SATURDAY, JANUARY 30, 2016

Panel: Darlene Ferris (Wild Rose), Jodie Mattia (Wetaskiwin), Cam McKeage (Prairie Land), and Ian Wilson (Wolf Creek)

Moderator: Lorna Muise (Alberta Health Services)



A Journey to Wellness

Prairie Land (PLRD)

For a number of years “wellness” in Prairie Land has been “championed” by a small group of keen Health Champions and an energetic School Health Facilitator from Alberta Health Services (AHS)... until last year! In January of 2015, then Assistant Superintendent, Cam McKeage attended Shaping the Future (STF) for the first time.

Cam has always been passionate about wellness - as a principal, his school won a Nutrition Innovation Award nine years ago. STF 2015 helped him see where improvements could be made in his district.

By April, jurisdiction conversations were under way with Trustees, Administrators, Health Champions, Students, and other important partners. Since attending STF 2015, Cam has assumed the position of Superintendent in the district. Wellness is now embedded in 3 year plans at both the district and school levels. Recently, the jurisdiction’s wellness policy was revised and reenergized.

Wetaskiwin (WRPS)

In 1995, Wetaskiwin Regional Public Schools entered into a formal partnership with the local Health Authority. The partnership was branded “SCHEP” - the School,

Community, Health, and Education Partnership. The partnership has endured the ever changing political landscape of “Health” and “Education” and this year marks the 20th Anniversary of SCHEP.

In the fall of 2015, a new position (District Principal) was created to support wellness in the jurisdiction. The District Principal, Jodie Mattia, is responsible for operations related to Wellness, FNMI, and Counselling Services.

To support the Wellness portfolio, Jodie receives guidance and support from the SCHEP Steering Committee which consists of Education, Health, and Community partners. The committee has a 3 year plan and has worked with the School Board to develop a Wellness Policy.

Wild Rose (WRSD)

“Improving life chances” is Wild Rose School Division’s motto. The jurisdiction has systematically and diligently put policies and practices in place to support the wellness of staff and students in their jurisdiction.

Recognizing that one of the most powerful influencers on students is their school staff, the jurisdiction began a journey to support staff wellness in the fall of 2014. “Staff are our greatest

resource” note then Superintendent Brian Celli.

Recognizing the importance of “wellness”, the jurisdiction created a new position: Director of Wellness. Darlene Ferris assumed this role in the fall of 2014. Darlene is excited about the role and the potential impact it has to change the lives of students and staff in their jurisdiction.

Wolf Creek (WCPS)

One of the first jurisdictions in the province to receive support from the Wellness Fund, Wolf Creek made quick progress in their first three years. In an effort to strengthen the work provincially, they created / compiled over 200 lesson plans that link wellness outcomes to core curriculum.

In recent years, the “road to wellness” has had some speed bumps. The Associate Superintendent championing the work transferred out of the division. Responsibility for wellness shifted portfolios a few times before finally finding a home this year.

A steering committee consisting of WCPS and AHS representatives has been in place since “Health in Action” was initiated in 2008. Today the committee is supported by the Wolf Creek Wellness Lead - Ian Wilson. Ian has .1FTE release time to lead the work in Wolf Creek. In his spare time he is an Assistant Principal.

Tips from the Wellness Fund:

- Make wellness part of the jurisdictional strategic plan
- Ensure the district lead has ‘visible’ support at the district level
- Complete a scan to identify what is already happening around wellness in each school as well as in the district
- Use data and research to support direction and achieve buy-in
- Develop committees with volunteers not ‘voluntolds’
- Ensure wellness is on the agenda for staff meetings at all levels
- Focus on changing culture and practice rather than making wellness an add-on
- Let change in practice inform policy and consult with a range of stakeholders
- Everyone has a responsibility for Wellness

Place a check mark in the box if the jurisdiction has employed the “tip” in their district’s wellness journey.

Wellness Fund Recommended Strategies	Prairie Land (Cam McKeage)	Wetaskiwin (Jodie Mattia)	Wild Rose (Darlene Ferris)	Wolf Creek (Ian Wilson)
Make wellness part of the jurisdictional strategic plan.				
Ensure the district lead has ‘visible’ support at the district level.				
Complete a scan to identify what is already happening around wellness in each school as well as in the district.				
Use data and research to support direction and achieve buy-in.				
Develop committees with volunteers not ‘voluntolds’.				
Ensure wellness is on the agenda for staff meetings at all levels.				
Focus on changing culture and practice rather than making wellness an add-on.				
Let change in practice inform policy and consult with a range of stakeholders.				
Everyone has a responsibility for Wellness.				
Additional “tips” identified by the speakers.				

Notes



Shoot for the moon...