



# Parent Council Meeting

MARCH 29, 2021

# Well-being

## Board Strategic Plan

### *Mission*

*We build each student's tomorrow, every day.*

### *Vision*

*The Thames Valley learning community  
Inspires innovation, embraces diversity, and  
celebrates achievement - a strong foundation  
for all students.*

### *Our Commitments*

#### *We believe in:*

Putting the needs of all students first;  
Stimulating critical and creative thinking;  
Encouraging informed risk taking and innovation;  
Setting high standards and clear expectations;  
Providing a safe, welcoming, and inclusive environment;  
Providing access to resources, and experiences that meet students' strengths and needs;  
Valuing all staff as partners in education;  
Collaborating with our communities to enhance opportunities for students;  
Communicating effectively in a transparent, timely and two-way fashion;  
Acknowledging and welcoming parents/families as key partners in student achievement and well-being;  
Supporting parents, School Councils, and Home and School Associations;  
Promoting and honouring student leadership and student voice; and  
Encouraging students to advocate for self and others.

### *Message from the Board of Trustees*

In the fall of 2017, we began the process to revise the Thames Valley District School Board Strategic Plan. A Strategic Planning Ad Hoc Committee was formed to receive advice on key aspects of the strategic plan, including our priorities and community consultation.

Strategic Planning consultation meetings were organized in a number of communities within Thames Valley, for the purpose of gathering input from students, parents, staff and community members. The response was overwhelming and impressive, and for that we thank you.

This input, combined with Board and industry data, helped to develop goals that align with the three strategic priorities. Our plan is exciting and bold and will provide direction to our Thames Valley learning community for the next several years.

Thank you to our community for your guidance, input and leadership; we are so happy to have you with us.

### *Our Strategic Plan*

#### **RELATIONSHIPS:**

We build positive relationships with all members of our education community to foster an engaged and inclusive board culture.

#### **Goals:**

1. Students, families and staff are welcomed, respected and valued as partners.
2. Promote and build connections to foster mutually respectful communication among students, families, staff, and the broader community.
3. Create opportunities for collaboration and partnerships.

#### **EQUITY AND DIVERSITY:**

We provide an equitable and inclusive environment that champions learning opportunities for all.

#### **Goals:**

1. Create opportunities for equitable access to programs and services for students.
2. Students and all partners feel heard, valued and supported.
3. Programs and services embrace the culture and diversity of students and all partners.

#### **ACHIEVEMENT AND WELL-BEING:**

We engage in innovative learning experiences that promote excellence in student achievement and well-being.

#### **Goals:**

1. More students demonstrate growth and achieve student learning outcomes with a specific focus on numeracy and literacy.
2. Staff will demonstrate excellence in instructional practices.
3. Enhance the safety and well-being of students and staff.

# Well-being

We begin our focus in Kindergarten, and maintain throughout the remainder of their school years.

Promoting the healthy development of all children and students, as well as enabling all children and students to reach their full potential, is a priority for educators across Ontario. ***Children's health and well-being contribute to their ability to learn, and that learning in turn contributes to their overall well-being.***

Educators play an important role in promoting the well-being of children and youth by creating, fostering, and sustaining a learning environment that is healthy, caring, safe, inclusive, and accepting. A learning environment of this kind will support not only children's cognitive, emotional, social, and physical development but also their mental health, their resilience, and their overall state of well-being. All this will help them achieve their full potential in school and in life.

# Well-being



# Well-being

What can affect students' well-being at school?

- Learning environment (e.g., structure/expectations)
- Educator relationships
- Peer relationships
- Academic difficulties
- Stressors from home/school/community
- Social Media expectations
- ....

# Well-being

Not all 'stress' or 'anxiety' is bad – when it 'overtakes' all other thoughts, we need to help students focus on what 'helps'.

- Breathing techniques
- Calming activities
- Opportunities to 'take a break'
- Someone to talk to
- Fresh air/exercise/healthy eating
- 'Down' time
- Social Media/screen breaks



# Well-being

PDPS Goal

## Perseverance

- Try something
- Try something different
- Try again

"It does not matter  
how slowly you go as  
long as you do not  
stop."

-Confucius

# Well-being

## Resources for Families

### TVDSB Mental Health & Well-being

<https://smho-smso.ca/covid-19/educators/>

## EdCan Network

<https://www.edcan.ca/articles/well-being-at-school/>