

# Thames Valley District School Board

Our school is committed to providing all students with a safe, caring, and inclusive learning environment free from bullying and harassment that promotes respect, acceptance, and empathy.

Our staff, students, parents, and community will work together as a team to make our school safe and welcoming for everyone.

## Safe and Inclusive School Plan

### Ensuring Positive Learning Environments



This year we are focusing on mental health and wellness.

We are doing this to see an improvement in student well-being and overall academic achievement.



Throughout the year, we will be:

1. Facilitating virtual information sessions for families on mental health and wellness strategies.
2. Engaging with our community partners in supporting our students' mental health.
3. Acknowledging positive acts of kindness and gratitude within the school community and beyond.



### Community/Home Connections

Ask your child about one positive act of kindness they did throughout the day.



Encourage your child/children to practice mindfulness techniques.

Check out this resource "School Mental Health Ontario": <https://smho-smsso.ca/blog/new-student-resources-for-anxiety-management-and-mental-health-literacy/>