



School District No. 51 (Boundary)

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2022-23 School Growth Plan

School: Boundary Central Secondary

Principal: Bo Macfarlane

Vice Principal:

A. Goal (One goal per page) (Please insert/attach links to any external documents)

Teach our students to understand, advocate for, and manage their mental health.

B. Rationale

Mental health is important for everyone and BCSS students are no different. Our students have asked for help through the BC Student Learning Survey, as well as during class discussions and school surveys. "At school I am learning how to care for my mental health. Example: anxiety, stress and relationship skills." 70% of our grade 12's said no to this question, while 50% of grade 10's said no. These numbers are from Student Learning Survey. We are trying to change this. Some of our students have shared with us that they have experienced trauma in their lives and for some, drug and alcohol use are their way of coping.

C. Action Plan (List Specific actions, school level and district level resources or structures used)

With SD 51 School Board's help we have purchased Open Parachute. Open Parachute is a mental health curriculum for each individual grade from 8 through 12. It also has a parent and teacher component which we make available. We ensure mental health is part of the curriculum through PHE and Careers 10 and 12. We offer breakfast, lunch and snacks for students who are hungry. We employ and source counsellors and mental health advocates. Jennifer Mallach, the CYCW at BCSS, sees students throughout the week. She makes referrals for counselling for more complex situations through organizations such as BFISS, as well as counsellor referrals to the Ministry's Child and Youth mental health clinicians. Holly, a drug and alcohol counsellor from Freedom Quest, sees 15 kids per week at our school. She visits once sometimes twice a week because of the large group of students in need. In addition, Carol Mitchell runs our "gay club" and meets monthly at our school as well as organizing events in GF. Indigenous Elder Joanie Holmes attends our school on Monday's and teaches our population about the Medicine Wheel, Circle of Courage and other Indigenous ways of being healthy. We are excited to welcome back sports to BCSS after a two-year halt due to COVID. Sports and a rigorous PE program are key strategies in our work towards helping kids manage their wellness. *"Exercise is really for the brain, not the body. It affects mood, vitality, alertness, and feelings of well-being. "Exercise is the single most powerful tool you have to optimize your brain function. Exercise has a profound impact on cognitive abilities and mental health."* -Prof John Ratey author of Spark.

There was a significant decline in our students' mental health as a result of not having sports teams, practices and regular competition to fulfill this aspect of their development. Students have already shown great excitement for sports by enrolling in 1 or more of the 3 fall sports offered. Fine Arts also play a significant role in mental health and offer a creative outlet for energy and passion. Choir, Musical Theatre and a new Band Club are starting up again, also gaining much interest from the students.

D. Evidence/Data (How will you measure success?)

Through observations and surveys, both formal and informal. We will monitor the impact of our strategies. Staff meetings, NID's and "on the fly" discussions of how students are doing are important ways for us to monitor our students informally on a day-to-day basis. We regularly meet with students through grade group meetings. Last year we began a Student Advisory Committee which polled students and as such we will ask them to continue with their surveys. Report cards are another important tool for us to measure as we look at Work Habits and the Core Competencies. We use several student surveys during class time which also address how students are doing and feeling. Formal measures we use include our annual LIF tool and the annual Provincial Student Learning tool