

Supporting wellness in Chinook's Edge

A Message from Aaryn Manning, Chinook's Edge Staff Health & Wellness lead:

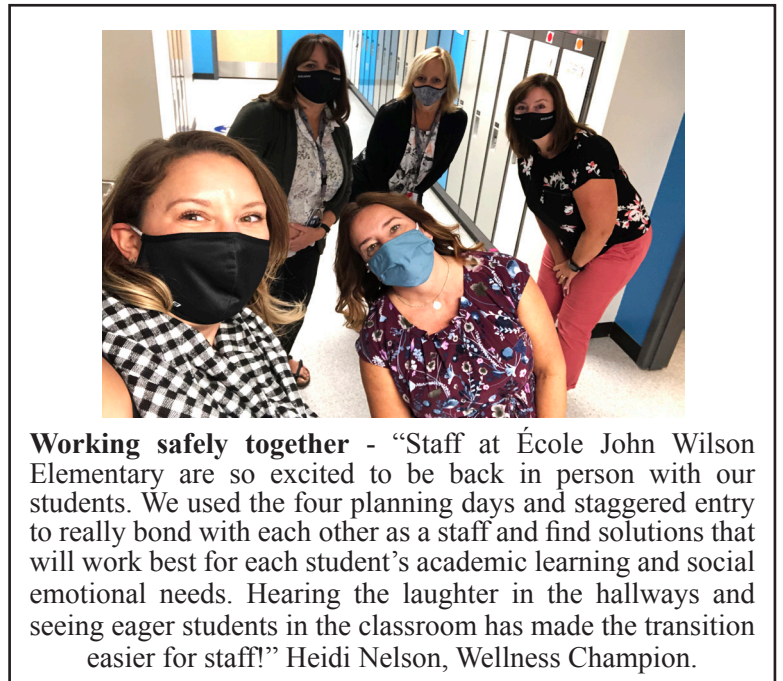
This year, more than ever, the health and wellness of our staff is top of mind. This is nothing new for Chinook's Edge as it is a long held value and we are able to draw upon the strength of existing wellness practices across the division. One key way this is achieved is through a culture of listening, which is critically important this year as we aim to continually assess how new processes and protocols are playing out in our schools. We are so proud of all our teachers and staff for their dedication and creativity during this re-entry. As we move forward, continued listening and adjustments are vital.

Staff have commented on how helpful our staggered re-entry followed by a PD day was in order to plan and adapt. Opportunities such as early Teacher's Matter feedback and strong leadership support from our COLT team as they guide administrators, translate into staff who are in the best possible position to teach and care for our students.

We also know that wellness means working in environments where individuals are carrying out meaningful work, but are also able to protect their work-life balance. One important way this happens in Chinook's Edge is through our Weekdays 'til 6 approach to wellness.

Across the Division we have Wellness Champions in each school; dedicated individuals who promote health and wellness, engage staff in focusing on wellbeing, and support the implementation of health and wellness strategies in their schools.

As our division's Staff Health & Wellness lead, I also provide counselling support for staff. Our educators and support staff are very special people. They give of themselves each day to not only teach, but to nurture and care for our students. Add the challenges that COVID-19 presents, and it makes sense that individuals may be experiencing elevated levels of stress. If this is the case, I welcome people to reach out for support. It is completely confidential and I am available to meet in person, by phone or Google Meet.



Working safely together - "Staff at École John Wilson Elementary are so excited to be back in person with our students. We used the four planning days and staggered entry to really bond with each other as a staff and find solutions that will work best for each student's academic learning and social emotional needs. Hearing the laughter in the hallways and seeing eager students in the classroom has made the transition easier for staff!" Heidi Nelson, Wellness Champion.

Please visit the [Staff Health & Wellness](#) section of our website to contact Aaryn, or to discover the numerous free and confidential supports available to Chinook's Edge staff.

Weekdays 'til 6

Thank you for your efforts to embrace our **Weekdays 'til 6** approach to texts and emails, which we believe is healthier for everyone!

Weekdays 'til 6 is a highly regarded practice in Chinook's Edge which means all non-emergency emails and texts will only be sent prior to 6:00 p.m. on weekdays. We care about the wellness of our students, families and staff, and endeavour to buffer everyone in our school communities from the unsustainable expectation that people are available to respond immediately at any hour to emails and texts. We believe students and families are best served by well-rested, energized, happy people. Thank you for your efforts to support student, family and staff wellness in Chinook's Edge!

Starting strong

We are three-weeks into in-school learning and there is evidence of goodwill throughout our division. Students and staff are keen to be teaching and learning together, and everyone is navigating the new safety rules that none of us could have anticipated mere months ago. Our Board of Trustees and Central Office team are so proud of everyone's efforts and how well our school communities are adjusting. Our students and staff are surrounded by many people who are working to ensure this is a great year in our schools!

The COLT team has spent considerable time connecting with staff to reflect on the staggered start and re-entry in general. The overall sentiment is that start-up was smooth and successful in our schools. Trustees are pleased with the calm and patient approach that has been evident throughout Chinook's Edge during our re-entry to school. Thank you to all our staff, students and families for making that possible!