

Student Wellness Committee

Sub-committee of WSC

Wye School 2018/2019

The need for this committee is borne out of Wye School's focus on student health and wellbeing. At Wye school we recognize that healthy students learn better and achieve more. Wye aims to provide an environment that supports student wellness includes a focus on healthy eating, active living and positive mental health. On this Committee, we are looking for parent volunteers with a background in this specific area of focus.

Positions:

Chair

parent volunteers as needed

Teachers and students assigned by Principal as needed

At AGM, June 11th 2018, motioned:

Co-Chairs: Cindy Smith and Sherri Naslund-Dawson

The role of the Student Wellness Committee is:

- Advise the Principal on the needs of student wellness, through the WSC
- Student wellness is defined as leadership, mental, social emotional, physical, spiritual.
- Student wellness of vulnerable sectors a particular focus for this committee which may include new to the country, new to the school, disabled, socially unskilled students, etc.

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- Current activities which this committee supports includes
 - Recess bucket replenishments, using the inventories provided by leadership committee students.
 - Events which appeal to the needs of students and appropriate to ensure inclusivity at the school
 - Supporting the annual Leadership Day for the entire school
 - Partnering with the Leader in Me group and supporting as needed
 - Partnering with the WE day teachers and supporting as needed
 - Supporting the clubs at Wye that are for extracurricular groups - basketball, running club, ukulele.
 - Noon hour club management
 - A particular focus on mental wellness. Alberta Health Services Comprehensive School Health Matrix is a valuable resource that may enable clarity on priority areas.
 - Provide voice to common parent views around student needs
 - Solicit ideas from Wye parents through any reasonable avenue
 - Attend free programs/webinars/events provided by EIPS and its partners to learn more about the new research on student wellness
 - Organize volunteers as required
 - Provide a monthly report on progress at the WSC meetings, and leverage the council meetings for advice and parent voice
 - Ideally volunteers in this committee are a mix of passionate parents and skilled experts in the field of student wellness
 - This committee will have funding from FAWS for the topic of student wellness