

WELLNESS AND WELL-BEING

May 2026

WELCOME TO OUR FLOURISHING LEARNING COMMUNITY!

At FSD, we think about the whole system to make sure our mission, vision, and purpose are visible in every decision we make. This systems-thinking approach is key to achieving the goals set out within our divisional and school education plans. By frequently reflecting on our progress, we are demonstrating accountability and providing our partners in education the assurance that education is at the centre of a flourishing community.

SUCCESS

- Bi-monthly system wellness and well-being meetings
- Alignment of wellness and well-being structures and frameworks with current research and data, supports and services, and system goals and strategic plans



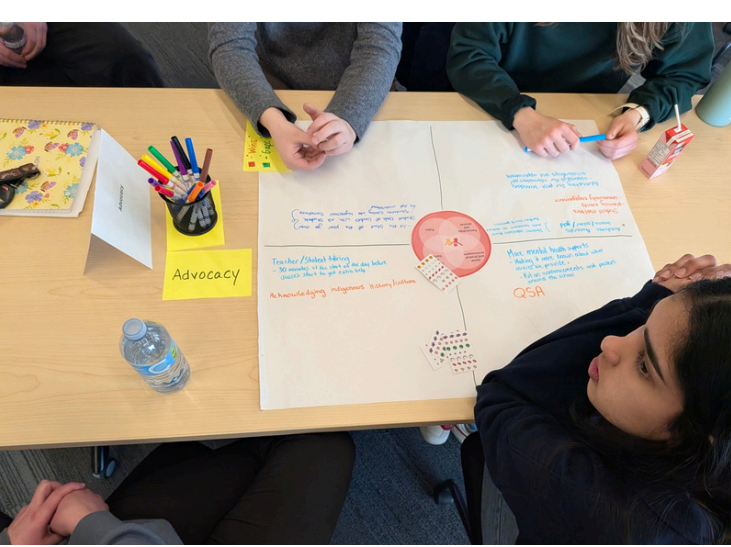
SUPPORT

- Implementation of Comprehensive School Health framework to guide wellness work across the division
- Partnership of Learning Services and Employee Services to promote wellness and well-being

ENGAGEMENT

- Alignment of Students Matters with system Education Plan goals and Comprehensive School Health
- Engagement in the Flourishing Forward Project
 - Creation of Student Community Council
 - Creation of the Admin Community Council





Student Well-Being

A focus on:

- Alignment
 - consistent framework focus
 - consistent language of supports
- Engagement
 - Students Matters
 - Student Community Council
- Supports
 - Circle of Courage
 - Comprehensive School Health
 - Outreach Services



Staff Wellness

A focus on:

- Alignment
 - Consistent framework Focus
- Engagement
 - Staff Advisory Council
 - Admin Community Council
- Supports
 - Collaborative system professional learning
 - Consistent communication regarding wellness actions and access to supports



ABOUT US

Monica Crane

Principal | Cameron Crossing School; Foothills Digital School;
Outreach Education Centre; Foothills Summer School

District Coordinator | Outreach Services; Wellness & Well-Being

