

Ontario Healthy Schools Coalition Conference:

Towards Well-being for All

April 4-5, 2017

Cognitive Well-being

Sharon Pyke



☞ Coalition ontarienne des écoles en santé ☞
☞ Ontario Healthy Schools Coalition ☞

The Ontario Healthy Schools Coalition held their annual conference in April 2017. Delegates that attended participated in a world café relating to the domains of wellbeing. An expert in the field addressed each domain. Dr. Sharon Pyke was the expert facilitating the cognitive wellbeing domain. Participants were provided a series of questions and had a brainstorming discussion about the questions. The delegates that attended the cognitive well being session were asked to respond to three questions, which are listed below.

1. How do you promote skill development in the cognitive domain at your organization?
2. From your perspective, what would a school's cognitive domain look like/ feel like in terms of activities?
3. Why do you think the cognitive piece of the well-being wheel is an important part of a child/ youth's growth and development?

Respondents identified ways that they promoted cognitive skill development in their organization. Techniques most commonly mentioned were communication with the youth in their schools around the topic of well-being, triangulation and collection of proper data, as well as working together with public health units.

From the respondent's perspective, a school's cognitive domain should involve the use of adaptable school climate surveys to measure a sense of belonging and connectedness. The school would have a strength-based approach, promote mental health, and utilize the school mental health assist leaders.

For more information, please contact the Ontario Healthy Schools Coalition about the information gathered at this annual conference.