

Ontario Healthy Schools Coalition Conference

Towards Well-being for All

April 4-5, 2017

Emotional Well-being

Kathy Short



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. Kathy Short was the expert facilitating the emotional wellbeing domain. Participants were provided a series of questions and had a brainstorming discussion about the questions. The delegates that attended the emotional well being session were asked to respond to two questions, which are listed below.

1. Describe practices in your school/ board/ community that have been successful in promoting emotional wellness amongst students. How do you know these practices have been successful?
2. What are the conditions and supports needed to bring these emotional wellness practices to scale in sustainable ways across Ontario schools and boards?

Delegates were asked to describe practices that their school, school board and communities use to promote emotional wellness in students. Although respondents came from various locations across Ontario, they seemed to use common strategies in order to promote emotional well-being in their student populations. The most common techniques were school-wide activities, youth engagement, mental health presentations, and the implementation of action plans and online resource program's.

Conditions and supports agreed upon by majority of respondents that are needed to bring emotional wellness practices across Ontario schools were principal and teacher support, a strong relationship with public health, and allowing youth to have a voice and be the agents of change.