



YOU

You Belong at KPR



Promoting mental health and a sense of belonging at KPRDSB

Promoting inclusion and a sense of belonging are key to a mentally healthy school and student and staff well-being. In order to thrive at school everyone needs to feel welcome and accepted in a culture of respect and inclusion.

This video brings student voice to ways in which positive school climate affects well-being. The theme, **BE YOU, You Belong at KPR**, highlights some key messages from students about the great ways in which staff and students are creating welcoming, inclusive school environments and promoting positive mental health at school.

The **BE YOU, You Belong at KPR** video can be found at: <https://youtu.be/od736HLxHTU>

The video is on the KPR YouTube channel. We encourage you to link to it from your school webpage and view the video at your school.

The Mental Health Steering Committee has generated a list of possible questions to use when discussing this video with various audiences:

With Staff:

In this video students give examples of how to make people feel welcome in the school and how to promote positive mental health at school. What are we currently doing that is similar to the video to make people feel welcome, included and promotes mental health and well-being?

How can we be intentional in promoting every child's sense of belonging?

What is one thing that you would like to commit to trying in your classroom?

Use the video to revisit your SIP goal on student wellbeing. What are we doing that connects to what we hear the students saying is important?

What additional ideas can we try in our school/classrooms? Is there anything we would like to change/add to our well-being goal?

With Students:

The video we are about to watch shows students with a strong sense of belonging at school. The students also talk about ways they take care of their mental health. How do we know that? What do you see and hear?

What does that look like and sound like in our school? What are we doing to promote belonging in our school? How do we make people feel welcome and that they belong in our classroom?

What could we do differently, on the bus, at recess, during lunch to increase a sense of belonging among students?

What are some of the things the students in the video do to take care of their mental health? What does taking care of our mental health look like and sound like at our school? Are there some ideas from the video that you would like to try in our classroom?

Use the video to discuss and write about why it's important to feel included and welcome in schools, classrooms, groups, etc. How does

one's sense of belonging impact one's sense of well-being? How does a welcoming school promote equity and inclusion, a sense of safety, and mental health?

With Student Leadership Groups:

What are some examples that students highlight in the video that promote a sense of belonging and well-being at school? (Generate one idea per sticky. Sort them into two columns; ideas that promote belonging and ideas that promote positive mental health).

What are some of the things we are already doing at our school to make people feel welcome and included?

What are some ways that we see students taking care of their positive mental health?

What are some ideas that we might like to try to increase the sense of belonging at school?

What are some ideas that we might like to try to promote ways students can take care of their mental health?

With School Councils:

In this video students give examples of how to make people feel welcome in the school and how to promote positive mental health at school.

What are we currently doing at our school that helps people feel welcome and included in the school community?

What are some additional ideas that as a school council we can try to reach out to all parents and welcome and include them in the school community?

How does our school council help support mental health and well-being at school?

#mindsmatter@kpr