

Dear Principals and Heads of School,

The Federation of Independent School Associations in British Columbia (FISA BC) has received an Early Action Initiative grant from the Ministry of Education to promote mental health and well-being in school communities. Part of the project will involve creating a website resource portal that will house video content and practical tools and resources for teachers that will include videos of experts and schools demonstrating effective practices. We are looking for nominations of teachers or other staff (administrators, counsellors, etc.) you believe already implement effective strategies. Our film team will work with your staff to showcase strategies that may help educators better understand strategies which promote health and wellness.

If your school is leading the way in any of the topic areas below, please nominate a teacher(s) to share the positive impact of the strategy, approach, or program in the classroom/school through participating in the videotaping. We would then speak with the nominated teachers to assess the fit for this project. We require:

1. an initial phone interview with the teacher/staff member;
2. an interview on camera with the teacher/staff member; and
3. an opportunity to capture visuals of them implementing effective practices.

Video topics include:

- Creating a positive school climate and a sense of belonging at school (e.g., Attachment and Trauma Informed practices).
- The impact of community service learning on emotional well-being.
- Peers as positive influencers on student well-being (e.g., peer mentoring, peer mediation)
- Cognitive behaviour strategies at school (e.g., *Zones of Regulation*, self-monitoring techniques).
- Intense exercise in support of focus, learning behaviour and decreasing anxiety and stress (e.g., treadmills/stationary bikes in the classroom).
- The impact of sleep on learning, emotional regulation and behaviour (e.g., delayed start time).
- The impact of good nutrition on learning, emotional regulation and behaviour (e.g., breakfast programs, school gardens).
- Kernels of mindfulness (e.g., breathing, turtle strategy, body scan, regulating strategies).
- The impact of social-emotional learning programs in the classroom (e.g., *At my Best*, *MindUp*).
- Social-emotional care for educators (e.g., wellness committees, accommodating HR practices).
- Assessment of social-emotional learning (e.g., *Early/Middle Development Instrument*, rating scales).
- Effects of child protection programs (e.g., *Kids in the Know*, *Safeteen*, *RespectED*).
- Mental health curriculum in the classroom (e.g., *Mental Health Literacy* course).
- Stress/anxiety reduction programs in the classroom (e.g., *Taming Worry Dragons*)

If your school is implementing any of the above topics, or doing something special to support student and staff well-being that is not listed, please fill out the nomination form below.

We aim to have the filming of schools completed by the end of June 2019. Recognizing our tight timeline, we ask that educator nominees be submitted to FISA BC by **April 12th**.

School staff will be contacted by Falling Frogs Media by phone between April 15-18th, with the goal of putting the schedule together by April 25th. Filming will begin in May.

To nominate a staff member for the Well-being Project, please complete the following information and email it to Janet Dhanani at: janet@fisabc.ca by April 12th, 2019

School:	
School Address:	
Nominated Staff Member:	
Staff Position:	
Staff Cell Phone:	
Staff Email:	
Short description of effective practice:	

Sincerely,

EAI Committee