

DP Todd Family of Schools

February 2025



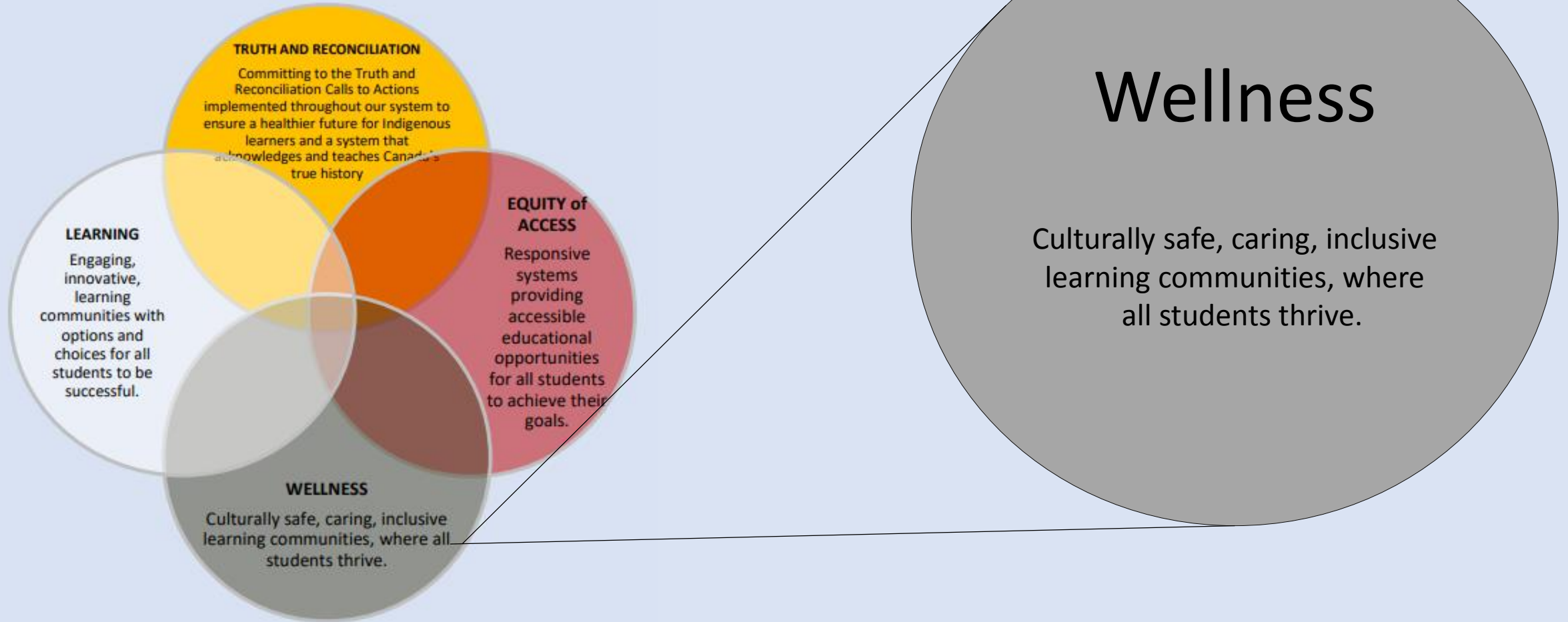
**Lheidli T'enneh hubeh keyoh whuts'odelhti.
Nts'ezla hubeh yun ts'uwhut'i,
ts'uzt'en ink'ez ts'unuwhulyeh.**

**We respectfully acknowledge the unceded
ancestral lands of the Lheidli T'enneh,
on whose land we live, work and play.**



Lheidli T'enneh

Our Focus





Center



Wellness at Edgewood⁵

Students

FAF and Feeding Futures

Counsellor, IEW, and YCW

Trapline, ice fishing, skating rink, skiing

Open Parachute

Staff

Focus on fun

Special events, off-site socials, lots of games and intentional light-hearted engagements (ie: "Who has the penguin?")

Feed them at every opportunity

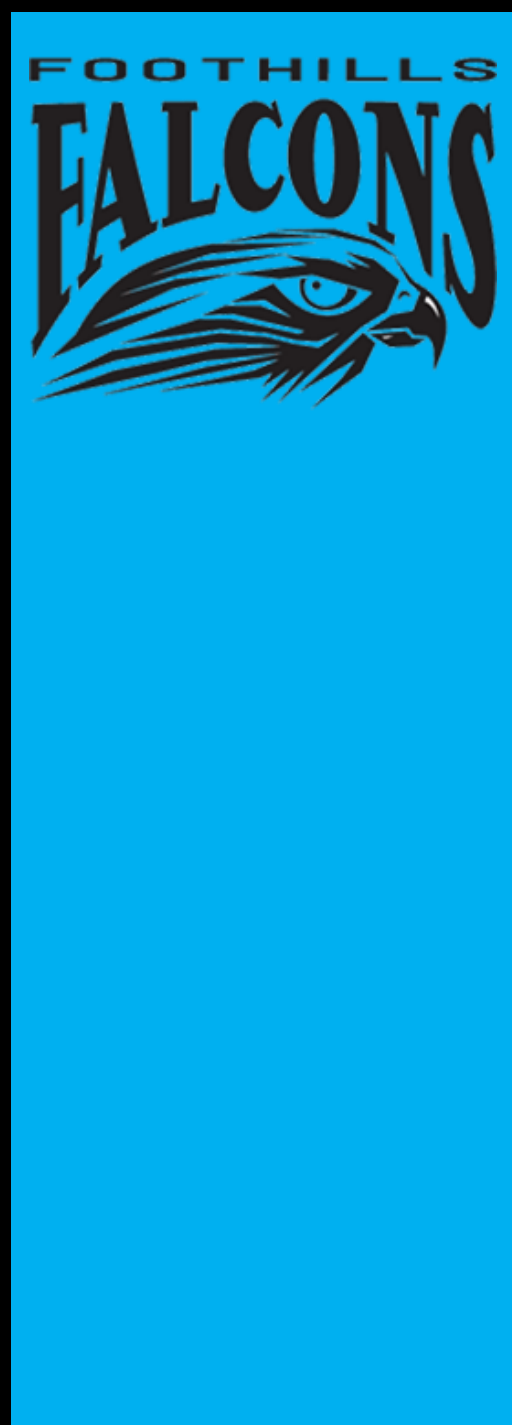
Community

"Fun raisers"

Skating rink, Numeracy Night, Young Entrepreneurs' Fair, family-friendly events that welcome the entire community.

Carolling and cards

Delivering cards to local seniors, neighbours



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A Mental Health Resource

- Teaches mental health skill development and real-world application to students
- Facilitated by a teacher in a classroom setting
- Available for K- 12 classes
- Focus is on prevention

Lessons

Based on real student experiences

clear learning points

Age-appropriate and unique to each grade level

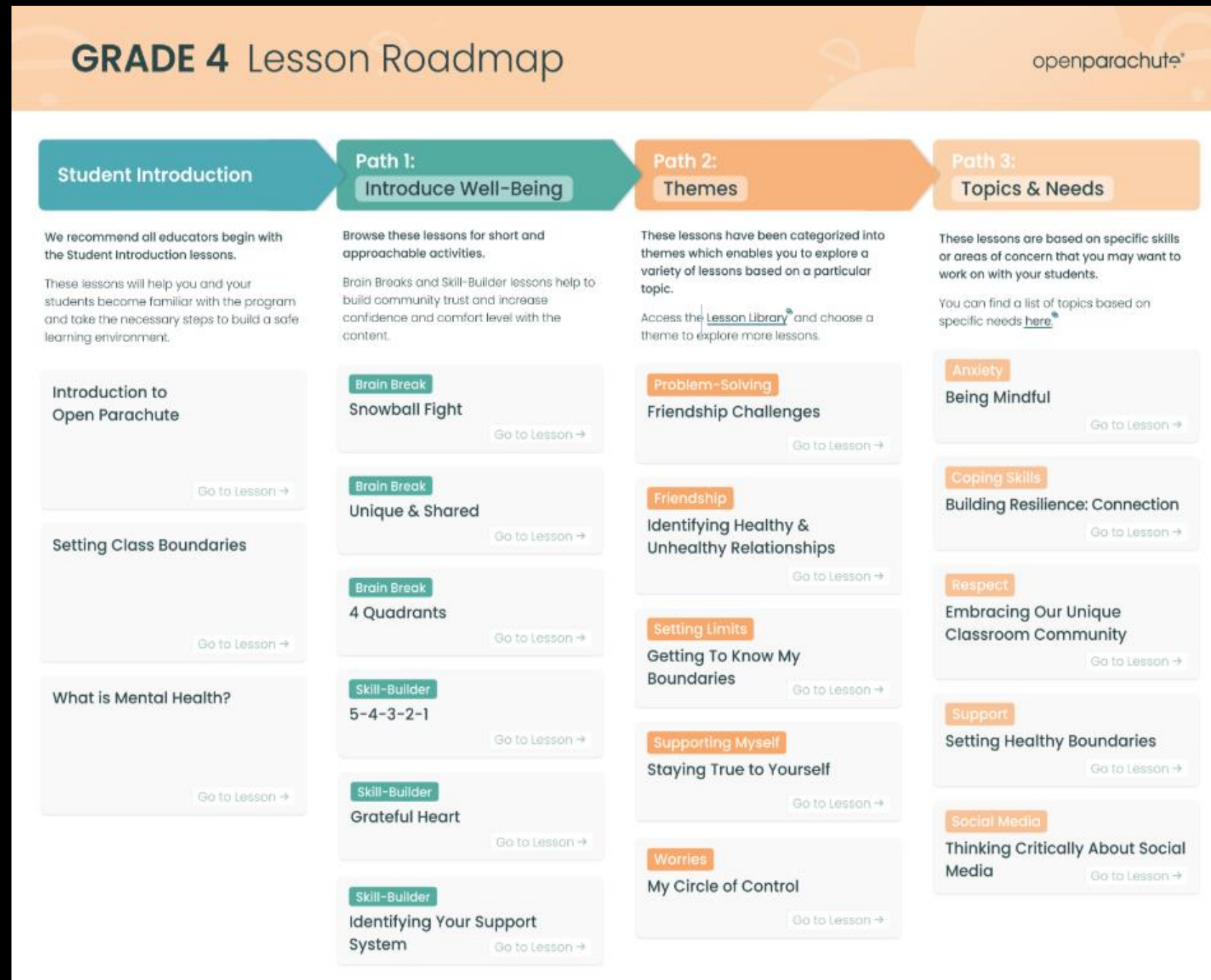
Why teachers like it.

Designed by a team of Clinical Psychologists & Educators

Easy to follow

Engaging and relatable

Increases student skill mental health development – see a lot of “AHA” moments from students



How can we ensure that students feel seen?

[illegible]

- Daily Gym – Combined Classes
- Basketball/Volleyball 6/7)
- Cross Country (3-7)
- Land Based Learning
- Healthy Lunch/Snacks
- *Staff Pickleball
- playground equip for indiv division

Physical
Wellness

Social
Wellness

Heritage
HAWK

- Lunchtime Clubs
- Land Based Learning
- Leadership Days
- Gr 7 Survivor
- YCW
- teacher generated staff wellness team

Emotional
Wellness

Intellectual
Wellness

- School Counsellor
- IEW
- YCW
- Art therapy
- Monthly Assemblies focus on H-A-W-K
- Open Parachute
- Walk and Talks

- Staff Collab
- Provide opportunities for Fine Arts
- Prep Classes – ADST/ Music/Math
- Student Assemblies



Wellness at Quinson Elementary

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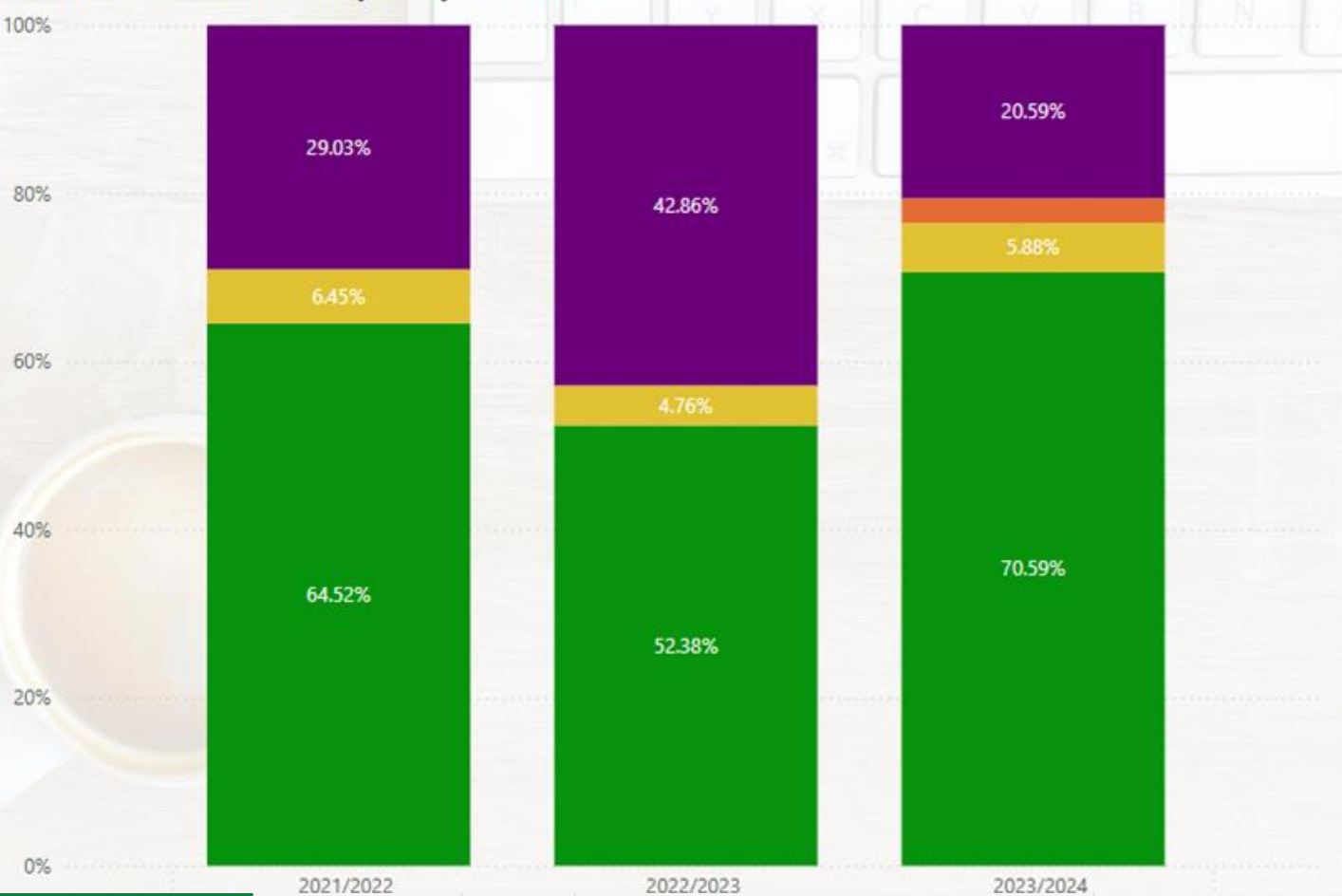
Circle of Security

I N T E R N A T I O N A L

Building Attachment Around the World

- Provide instruction for Mental Health Literacy to staff and students using the Open Parachute Program
- Understand a child's emotional world by learning to read emotional needs
- Support a child's ability to successfully manage emotions
- Enhance child's self esteem
- Honour a child's innate wisdom and desire to feel secure
- Teachers, support staff and parents

2 or more adults care about you at your school?



Harvard University Relationship Mapping Strategy



- Building **INTENTIONAL** connections at school
- students **KNOW** and **feel connected** to at least ONE safe adult

UsualFirst	Indigenous Ancestry	Grad	I know the student by face and name only	I know some/most of this students' story, where they came from, information about their family, siblings, friends...	I know how to support this student's emotional needs. I know what excites them and what triggers them and how to co-regulate with them when they're dysregulated. I am ok being their "person".
		KF	CH NR	KL Is, am	CL
		7	CH CD HW SM EM am cc	ME CR	
		5	CH ME SM	VA	

Spruceland Community School of the Arts



Wellness

Social

Emotional

Intellectual

Physical

Students

Staff

Community

Feeding Futures IEW/YCW/CSC/
IESW
Literacy Intervention
Artist in Residence
Community Garden Project
Afterschool Clubs
Hockey Program
Jays Care Program
YMCA Summer Camp Programs
UNBC Timberwolves – Basketball
and Soccer
Walk and Talks
Farm to Cafeteria

Staff Spirit Days
Social Events
Artist Night
Daily Check-ins
Community Garden Project
Farm to Cafeteria
Literacy and Numeracy
Collaborations
Walk and Talks

PAC Community Events
Santa and Rotary Breakfast
Jays Care Food Box Program
Canning workshops
Family Cooking night
Community Garden Project
Community Art Show
Access to community supports –
School Support Team
Walk ad Talks
Farm to Cafeteria



Family Cooking Night



DP Todd Secondary



Wellness and Connection

Focus on:

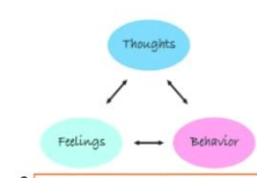
- Mental Health Literacy
- Clubs and Group



1 We all have mental health.



2 How important our brain is in our mental health



3 Connections between our emotions, thoughts and behaviors



4 Lessen stigma around mental health and asking for supports

Mental Health Literacy 8 big ideas



5 The importance of positive mental health + ways to improve mental health



6 Positive coping with difficult situations



7 self-care + mindfulness + building resilience



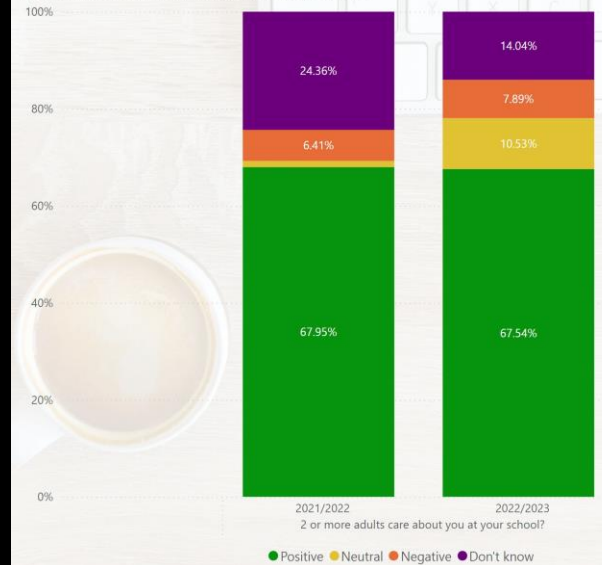
8 Finding supports

Student Learning Survey Results

Question

2 or more adults care about you at your school?

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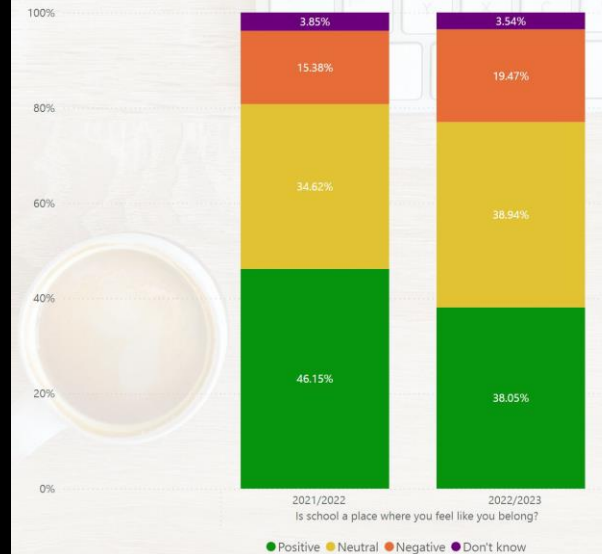


Student Learning Survey Results

Question

Is school a place where you feel like you belong?

Is school a place where you feel like you belong?



Ways to Connect Through Clubs and Groups



Chess Club with Graboski

A club for students to learn and play chess, either casually or competitively. Newbies, ranked veterans, and everyone in between – all have a place on the board at Chess Club.

- Meets every other Wednesday in Room 181!
- January 22, Feb 5, Feb 19, March 5, April 2, April 16, and onward...
- All are welcome, no experience necessary!



Video Gaming Club

Jenkin Wilson and Christopher Bridge

This club is meant for students to meet and hang-out with their peers that enjoy playing games together.

We put our focus on creating a welcoming environment and having fun competing casually.

You don't have to be at a 'certain skill level' to join – beginner or expert, all are welcome and encouraged to hang out.

ALL ARE WELCOME!



- **WHEN?** Every Friday from 3:00-4:15pm, Room 160 (Computer Lab)



Volleyball, Soccer and Cross Country 2024



Sr. Girls Volleyball 2024

Sr. Boys Volleyball 2024

SOGI Club

SOGI club is a place for 2SLGBTQA+ students and allies to come together to spread kindness, raise awareness for issues, and hang out with some awesome people! We meet twice weekly. On Tuesdays we focus on setting goals, discussing ideas, and sharing stories. Friday is for creating – whether that looks like posters, art pieces, or memories we don't care. Come get involved, make some new friends, and share your pride at DP Todd!

Who: Denae, Ms. March, Mr. Graboski & Ms. Robertson

When: Lunchtime on Tuesday and Friday

Where: Library (Tuesday) and the Art Room (Friday)



3D Printing Club

Dylan Siemens and Christopher Bridge
The Best Kept Secret™ of DP Todd

Come join us for an opportunity to find, design, and construct 3D Printed files at school. We'll show you how to find great resources, use "Slicing" software, and help you take full credit for printing your own model on DP Todd's 3D Printers.

No prior experience necessary – if you have the time and the willpower to learn, you have everything you need to succeed.

All are welcome.



WHEN? Most Thursdays from 3:00-4:15pm, Art Room



After School/Lunch clubs

Monday - Boxing — last day is December 2nd. In the new year we will be doing Archery on Monday after school.

Tuesday - Hockey — running until March 11th

Tuesday - Boys Club — runs all year out of the automotive shop/PBL

Thursday - Art Club — runs all year round with different artists coming in for 4-to-8-week sessions.

Friday - Overhang/rock climbing — November 29th is our last session

Friday - Gaming Club — runs all year-round afterschool

Forest of Reading Book Club

All are welcome to join the Canada-wide Book Club. We will read and discuss a selection of books and students will vote for their favourite book for specific awards in April. Students will have access to many virtual author presentations, as well.

See Ms. D. Van Dijk and Mrs. T. Friesen to join.
Thursdays at lunch in the library.

Forest Of Reading

Alternate formats available for students with print challenges.



Dungeons & Dragons Club

Learn the game, play the game, love the game.



- Thursdays
- 3:00PM-4:00PM
- Mr. P's Room (158)
- New players, seasoned veterans, and everyone in between are **WELCOME** at our tabletop.





Mussi!