



Celebrating Chinook's Edge

...for the week of June 7, 2021

All in for health and wellness!

Aaryn Manning, Chinook's Edge [Staff Health & Wellness](#) Worker, is guiding the division's Wellness Champions through a mini survey to ensure their efforts remain relevant and timely in addressing wellness priorities.

"Our Wellness Champions involve a rep from each school, so they each have an important voice in our goals to support staff wellness," said Aaryn. "We've asked each of them to have a conversation with a handful of their colleagues to get a sense of what's working well and also some possibilities as we plan for next year. We all want to ensure the work we are doing is meaningful.



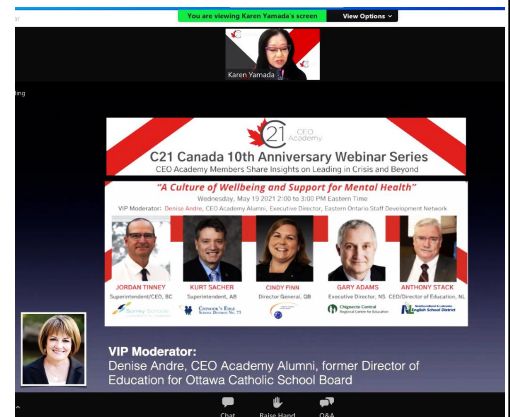
"We conducted a division-wide survey in 2017 when we launched the Staff Health & Wellness initiative, so we also want to pulse-check to see what's working well from those responses. We're considering all three levels of responsibility for wellness: the individual, the school and the division. Given the year we've had, we want to be forward-thinking in supporting this important work.

"Looking back to where we've come in the last four years, I would say we are much clearer as a division regarding work/life balance. When we introduced [Weekdays 'til 6](#), that initiative resonated so strongly with all our stakeholders that it took immediate hold as an expectation for our approach to work. Our Matters Committees are as strong as ever, showing this approach to transparent communication is working well. There has also been a culture shift around the conversations happening in schools, with a higher comfort level talking about wellness and mental health. Our staff is more aware of the resources available to them. Our Staff Health & Wellness focus has really taken hold across our division, thanks in large part to our Wellness Champions and to our school administrators for their openness and support of this work!

**"Relationships Matter in Chinook's Edge, now more than ever.
This is embedded in our culture and it serves us well."**

C21 Canada - 10th anniversary webinar series: "A culture of wellbeing and support for Mental Health"

Leaders from across the country are working together towards a shared priority of wellbeing in school communities. As part of this, Superintendent Kurt Sacher participated in a national panel discussion on student and staff mental health recently, as the CEO Academy for 21st Century (C21) discussed the impact COVID-19 has had on school communities and possible strategies moving forward. The webinar can be viewed [here](#).



Thank you for your work and patience as we launched the new [division website](#) and all 40 school sites last week! It's never a good time to undertake a big project like this, but when our former provider gave notice for the end of September we had little choice but to forge ahead. With very little time and many other demands, everyone stepped up to make this work! We appreciate your efforts very much, *Sandy & Karyn*

