

Supporting the health and wellness of students and staff

A note from Aaryn Manning, Staff Health and Wellness Coordinator

The start of a new year is a perfect opportunity to re-energize the many efforts underway in our school division to support the health and well-being of our staff, students and families.

We know that nurturing a positive culture can positively impact everyone in our schools and departments. Our Wellness Champions have been at work for several years, leading unique priorities in their schools and supporting their peers. We are grateful to the many people whose efforts are supporting health and wellness priorities for everyone in our Chinook's Edge school communities.

Our Wellness Champions represent all staff groups, schools and departments throughout Chinook's Edge. We are pleased to begin providing short profiles of them each week!

Watch for a link to these playful profiles each week in the Celebrating Chinook's Edge bulletin - and visit the [Staff Health and Wellness](#) page to see what our Wellness Champions are up to!

This week's profile: [Sarah Paulsen](#), Olds Koinonia Christian School

Stay well!



Full circle! Courtney Link, who graduated from Innisfail High School where she is now back teaching, shared a 'back to the future' moment. She is pictured with her Work Experience class when they were in Grade 2 and she was in Grade 11... fast forward to see those who are still with her in her Chemistry 20 class!

Please remember to begin sending your great photos and stories, so we can continue sharing our Chinook's Edge news from across the division! Be sure to check with your office staff to ensure the students visible in each photo have media consent.

Thank you for being such great ambassadors of Chinook's Edge!

Sandy Bexon, Communications

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