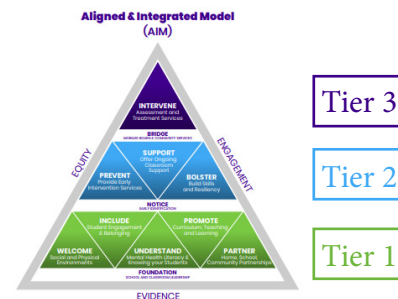


Mental Health Promotion Information for Schools



This toolkit is designed to support educators to implement Tier 1 mental health promotion strategies with a focus on building protective factors in students. Protective factors are individual and environmental determinants that build resilience and promote positive mental health. Protective factors include: balanced eating; physical activity; sleep; safe, accepting & inclusive environments; healthy & supportive relationships; social emotional skills; positive self-perception; and student engagement.



Credit: School Mental Health Ontario (smho-smsso.ca)

Foundational Resources for Educators:

- [Tip Sheet: Personal Resiliency Tips for Helpers Who Support Students](#): Promotes self-care tips to improve your energy, focus, ability to cope with challenges and overall life experience.
- [LGL Health Unit's Educator Webpage](#): Describes ways to promote positive mental health for students through building protective factors.
- [Mentally Healthy Classroom Reflection Tool](#): This tool is designed for educators to consider the elements of a Mentally Healthy Classroom.
- [The First 10 Days \(and Beyond\)](#): Describes how to create caring connections and introduces social emotional learning skills.
- [Mental Health and Weight Bias in Schools](#): Outlines what educators can do to support inclusive and safe environments to reduce weight bias and promote a positive body image.
- [Supporting Minds Strategies at a Glance](#): Focuses on how to identify some common mental health problems that students experience at school and provides ideas to support students in the classroom.
- [Local Mental Health Supports for Youth](#)



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Planning a mental health activity or initiative within your classroom or school? Check out the [Decision Support Tool for Classroom Teachers](#) and the [School Mental Health Decision Support Tool](#).

Curriculum Support Resources to Build Protective Factors:

Social Emotional Learning & Mental Health Literacy

Elementary & Secondary (Pre K-Grade 12)

- » [Kindness in the Classroom](#): This is a Tier 1 evidenced-based social emotional learning curriculum designed to help schools create a culture of kindness. Each unit teaches six core kindness concepts: Respect, Caring, Inclusiveness, Integrity, Responsibility, and Courage. These lessons are FREE and downloadable.

Elementary (Grades 1-8)

- » [Health & Physical Education Curriculum – Mental Health Literacy Lesson Plans](#): These lesson plans are designed to support the development of basic mental health literacy and social-emotional learning skills.

Balanced Eating

Elementary (Grades 1-8)

- » [Ophea's Health & Physical Education Curriculum](#): Create a free account to access lesson plans, activity ideas, professional learning and more related to healthy eating.

Secondary (Grades 7-12)

- » Lesson plans from Alberta Health Services. These lesson plans can be used together or individually, and in any order. [Introduction and Instructions on how to use the lesson plans](#); [Food Detective](#); [Cereal Slayer](#); [Thirst Quencher](#); [Ingredient Investigation](#); [Fat Match](#); [Sodium Analyzer](#); [Time Crunch – What Do I Eat?](#)

Physical Activity

Elementary & Secondary

- » [Beyond the Walls: Activities for the Outdoors](#): Developed by Ophea to support educators in using outdoor spaces safely and effectively for physical activity. It provides opportunities for students to observe, explore, and appreciate nature all year long.
- » [50 Fitness Activity GIFs](#): These GIFs from Ophea are great for Daily Physical Activity (DPA), physical education, or personal fitness challenges. They can be used on their own or added to existing activities and are perfect for use in limited space.

What the Health Unit can Offer:

- **Curriculum Consultations:** Health Unit staff can meet one-on-one or with groups of educators to discuss and provide classroom resources and lesson plans that align with the Health & Physical Education Curriculum.
- **Health Action Team:** Health Unit staff can participate on a school health planning team to support school and community initiatives.
- **Youth Engagement:** Health Unit staff can provide resources and support student groups/clubs (e.g., Gay-Straight Alliances, OSAID, Student Health Clubs).
- **Triple P Seminars/Groups:** A trained Triple P facilitator can offer schools a group session to provide parents with tips and suggestions for positive parenting.
- **Healthy Bodies, Healthy Minds:** Health Unit staff can provide in-services to school staff on effective ways to address and teach about topics including body image, self-esteem, media literacy, balanced eating, and physical activity.



Parent Resources:

- [Triple P](#): A positive parenting program for all families with children from 0–16 that offers a toolbox of ideas to match needs of parents. Call 1-800-660-5853, email triplep@healthunit.org or visit www.triplep-parenting.ca for parenting tips.
- [Sleep for Children & Youth](#): This CHEO resource provides tips that parents can do at home to help their child sleep better.
- [Social Emotional Learning at Home](#): Provides activities parents can do with their children to develop social emotional skills.
- [Supporting mental health and wellness during the return to school: Tips for parents and families](#): Provides tips for parents to help their children to feel prepared for their return to school.
- [Noticing Mental Health Concerns for Your Child](#): Outlines ways for parents to recognize whether their child might be experiencing a mental health problem, and offer help.

For more resources on mental health and well-being– contact your school's Public Health Nurse or visit the educator's section of our website:

<https://healthunit.org/for-professionals/educators/mental-health-well-being/>.