

OUR WELLNESS COACH

Hello Again! My name is Megan Sarling and I am still your wellness coach. Over the course of the year I have been facilitating mental health learning and skills to our students inside and outside the classroom

SO WHAT HAS CHANGED?

Nothing about the way your student receives services has changed, due to changes up in the program, we are no longer associated with the MHCIB initiative or AHS. I am now strictly a NGPS Wellness coach. Aside from the name change, nothing else about our goals or objectives have changed.



SO WHAT'S NEW?

LUNCH HOUR GROUPS

Mondays, Tuesdays and Thursdays:

My room (#158) is open and available for students to come, socialize and hang out.

Wellness Wednesday

Similar to last semester, we will be practicing coping skills, and stress busters, however this will also combine what was Tune in Tuesday and Brain Break Friday, all smooshed into one.

Friday:

This time is available for students to join in on conversation around LGBTQ+ identities and community. All persons are welcome to join regardless of their identification.



COMMUNITY HELPER PROGRAM

This program is designed to provide the students in our school the knowledge and tools to better help themselves and others in crisis. The program was originally designed as a suicide prevention program but has since been expanded upon to include all aspects of mental health

We will be discussing topics that include ethics, coping skills, how to help, understanding suicide, grief and loss, addiction, boundaries, abuse and self care.

Over the course of last semester and the beginning of this semester, students have been asked to nominate students from their school whom they think are helpers, these are students that they go to for support or who are already knowledgeable about mental health and who provide support to their fellow students when in need

From these nominations we selected 15 students to participate in the program.

PLT BLOCKS

There will now be classes hosted by the wellness coach, during the PLT block (Block 3) on Fridays.

FEBRUARY 24, 2023	WHAT IS MENTAL HEALTH?
MARCH 3, 2023	STRESS
MARCH 17, 2023	STIGMA
MARCH 24, 2023	ANXIETY
APRIL 14, 2023	DEPRESSION
APRIL 21, 2023	APATHY
APRIL 28, 2023	DR. GOOGLE
MAY 5, 2023	LGBTQIA2S+ WHAT DOES IT ALL MEAN?
MAY 12, 2023	SELF-ADVOCACY
MAY 26, 2023	DR. GOOGLE RETURNS
JUNE 2, 2023	RELATIONSHIPS
JUNE 9, 2023	ORGANIZATION
JUNE 16 & 23, 2023	DEALING WITH EXAMS

WHAT WILL WE DO NEXT?

Keep an eye out for summer programs! Part of my job is to provide programming over the summer, if you are participating in activities or groups in the community over the summer keep an eye out for your friendly neighborhood wellness coach, I just might be there!

If you have any questions or concerns please feel free to contact Megan Sarling via phone or email:

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HILLSIDE JR. /SR. HIGH SCHOOL WELLNESS COACH



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