

SCHOOL DISTRICT 63 (SAANICH)

EDUCATION DIRECTIONS COMMITTEE
Report to the Board of December 7, 2022

Committee Members:	Trustee Silzer, Chair Trustee Vandall Trustee VanWell
Staff Support:	Carly Hunter, Director of Instruction, Learning & Innovation Paul McKenzie, Assistant Superintendent - regrets
Partner Representatives:	Leila Sinclair-Wise, SAA – Elementary - regrets Kelly deKlerk, SAA – Secondary - regrets Don Peterson, STA Nola Welsh, CUPE COPACS - regrets Sean Hayes, SAA - regrets
Other Attendees:	Chair Dunford, Trustee Hickman, Trustee McMurphy, Trustee Elder, Dave Eberwein, Holly Vivier & Peter Westhaver.

Tuesday, November 22, 2022

3:00 pm

A. PRESENTATIONS AND QUESTIONS

1. Trauma Informed Practice Holly Vivier and Peter Westhaver
A presentation was shared on social emotional learning and mental wellness from a trauma informed lens.

B. ITEMS FOR DISCUSSION

No Items.

C. ITEMS FOR RECOMMENDATION

No Items

D. ITEMS FOR INFORMATION

No Items

E. FUTURE AGENDA ITEMS

- Strategic Plan Goal: Global citizenship (presentation)
- Mandt Training: Building relationships and helping children with challenging behaviours
- Cultural Competency Update – Sheralyn MacRae (postponed from November 22, 2022)

Social-Emotional Learning and Mental Wellness from a Trauma-Informed Lens





Mental Health and Wellness XĆIØESTEN E TFE ÍY ŠKÀLEØEN

To promote mental health and well-being through social-emotional learning and trauma-informed practice.

- Increasing capacity and professional learning for mental health and emotional literacy through evidence-based, trauma informed practices.



Cultural and family values

Connectedness

Walking in two worlds

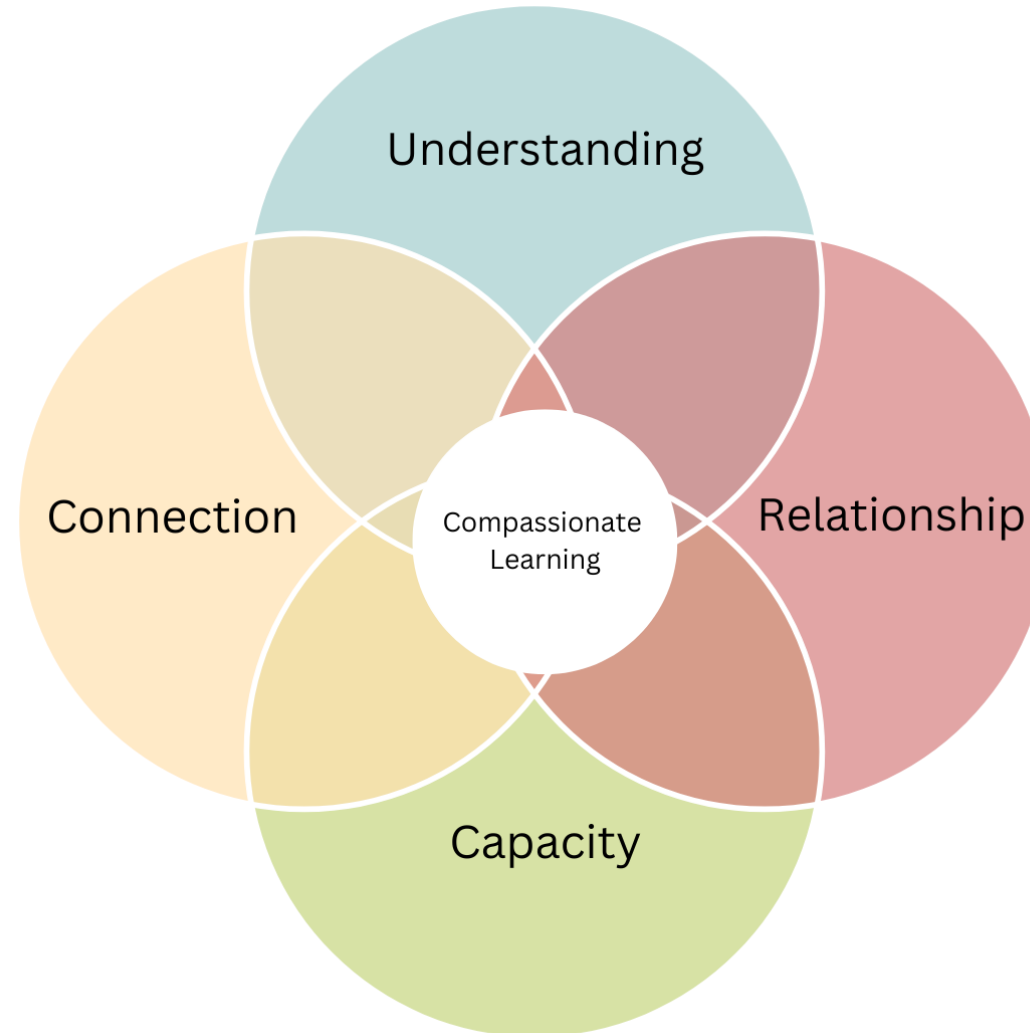
Historical trauma

Understanding

- Brain development
- Teaching hope and resilience

Relationship

- Safety first
- Educator care



Connection

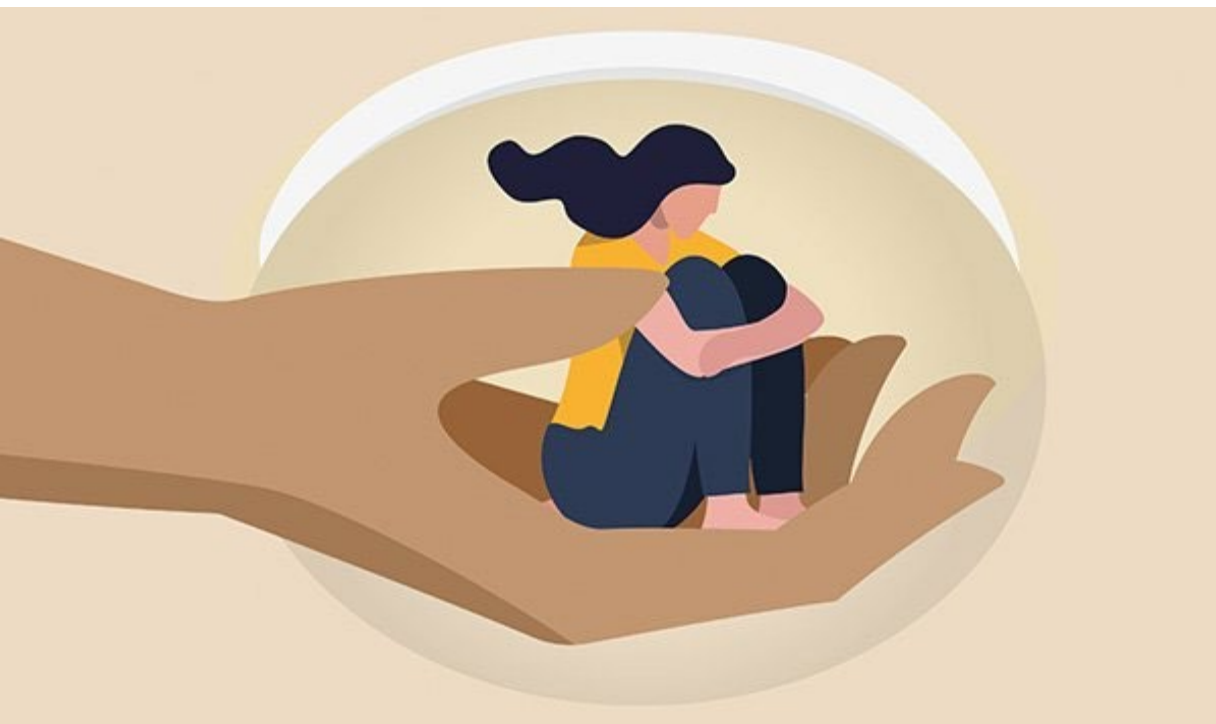
- Cultural safety
- Relational repair

Capacity

- Strengths based
- Transformation

Highlights From around SD 63

- Mental Health Champions: Educator wellness sessions with Lisa Bayliss
- MindUp pilot and district champions
- Mental Health and High School Curriculum Guide: Stan Kutcher
- Indigenous Education SEL and Behaviour Interventions at KELSET and Brentwood Schools
- Mental Health Monthly Snapshots
- Parent *SEL at Home* padlet (Counsellor led)
- Kim Barthel: OT, Teacher, Author... Health Leading in the Time of Uncertainty – focus on Trauma informed
- Development of list of district supported SEL Programs
 - EASE: Everyday Anxiety Strategies for Educators (K-3, 4-7, 8-12)
- Capacity cafes: An opportunity for counsellors and meet and discuss comprehensive counselling



**“ Being
trauma-informed can
help us change the
message from ‘what is
wrong with you?’ to
‘what happened to
you? ”**

-Dr. Gordeyko