

Learning-to-Practice Action Plan

How did this training energize you or equip you with a new insight on how to support students?

How did it resonate with situations you have encountered in your work?

Describe three ways your practices will change to incorporate what you learned?

What kind of barriers do you foresee, and what do you need in order to overcome those challenges (i.e. time, resources, finances, shared vision, overall shifts in routine, etc.)?

How can you share what you learned to engage your team in exploring these shifts?

Sharon Porty MSW, RSW
Mental Health Lead
sharon.porty@wcdsb.ca
519-578-3677 ext. 2249



Leadership Strategy Goals 2018-2019

Overall Goal:

To develop leadership capacity to support the achievement of goals outlined in the Multi-Year Strategic Plan and the Board Improvement Plan for Student Achievement.

Goal One:

Create and promote leadership opportunities that engage all school and system leaders in order to strengthen staff capacity for instructional and spiritual leadership, to enhance organizational effectiveness, and to support succession planning as defined by research, Strong Districts and their Leadership and the Catholic Leadership Framework.

Goal Two:

School and system leaders in the WCDSB will develop the capacity to appropriately respond to the needs of learners by fostering a holistic view of student learning that encourages shepherd, servant and steward leadership.

Goal Three:

Create and provide opportunities for enhancing leadership capacity for the entire system by engaging in active professional lifelong learning, faith formation, mentorship and coaching.



WCDSB

Mental Health and Well-Being Series 2018-2019



“Where am I
in the Life of Christ?”

Our Mission:

*“As disciples of Christ, we
educate and nurture hope in all
learners to realize their full
potential to transform
God’s world.”*

Our Vision:

*“Our Catholic Schools: heart of
the community – success for
each, a place for all.”*

Lifelong Learning Series
presents the
Mental Health and Well-Being Series
2018-2019



**Mental Health and Well-Being at
WCDSB**

The Waterloo Catholic District School Board is dedicated to positive well-being of students, families and staff by providing staff with opportunities for professional growth to enhance student resiliency and wellness practices, reduce stigma (Elephant in the Room campaign in partnership with the Mood Disorders Society of Canada), build safe and supportive school environments, and promote socio-emotional and behavioural competence within the context of Catholic education and our Catholic community.

To accomplish this the Lifelong Learning Series has been developed to promote excellence and exemplary Catholic leadership across all employee groups to build capacity, equip leaders, and support succession planning.

The concentration on Mental Health and Well-Being is an extension of the board's strategic direction and is guided by a comprehensive 3 year (2017-2020) Mental Health and Well-Being Strategy.



Session Schedule 2018-2019

***Space is limited

Pre-registration on ERO required***

"Stuck, Scared or Slumped."

October 2nd, 2018 4:30pm-6:00pm

St. Mary's SS (lecture hall)

Sharon Porty, MSW, RSW

WCDSB Mental Health Lead

A general overview of depression and anxiety, how it may be masked as behaviour, resistance, and attendance issues, and what you can do to understand and support these students.

Emotion-Focused School Support

November 7th, 2018 5:00pm-8:30pm

St. Benedict Secondary School (caf)

Dr. Adele Lafrance

Clinical Psychologist

Parents and school staff have a tremendous opportunity to influence the emotional development of children and teens. Given that a regulated physiology is critical for learning, education and skills will be provided for use by parents and caregivers in

- 1) regulating child/adolescent emotion to facilitate a "return to learning."
- 2) preventing emotional escalations.
- 3) de-escalating outbursts in progress.

Workshop participants will also learn to respond to statements like: "I don't want to go to school"; "I know you don't like me"; and "I'm terrible at math" in a way that is compassionate and productive.

*a light meal will be provided at this event
This event is also open to community partners and parents — please consider bringing a "plus one!"

Non-WCDSB staff can register by emailing judy.aitcheson@wcdsb.ca, indicating any dietary considerations.

"Finding the Words"

January 22nd, 2019 4:30pm-5:30pm

St. Benedict Secondary School

Lecture Hall

Sharon Porty, MSW, RSW
WCDSB Mental Health Lead

The good news is that our culture is shifting and staff/students/family/friends are talking much more openly about the mental health difficulties they are experiencing.

The not-so-good news — we don't always know how to respond and what to say next.

In anticipation of Bell Let's Talk Day, we will have a discussion on how we can respond in a supportive, respectful, and helpful way.

Specialized Online Learning Options

For staff who wish to develop the skills in a more narrowly focused area of mental health and wellbeing, this year we will be allowing **one** of the learning credits to be independently completed via the Child and Parent Resource Institute's (CPRI) online archived webinars, in conjunction with completing a learning-to-practice reflection and action plan (see back of brochure).

Topics include: trauma-informed practice, a strengths-based approach to FASD, "Leaky Brakes", understanding sensory issues, youth substance use, etc.

More information can be found here:
<http://www.cpri.ca/professionals/education/webinars/archived-webinars/>

To obtain credit for the webinar option the Learning-to-Practice Action Plan (see brochure) needs to be completed and submitted to sharon.porty@wcdsb.ca