

School:	What initiatives did your STS Team plan for the 2018/2019 school year?
St Basil the Great	1) Exam stress hot chocolate- January exams 2) Guest speaker- Covenant House 3) Green Ribbon Campaign 4) Bulletin board- designed with student quotes collected from students about how they deal with stress and anxiety. 5) Kahoots 6) Prayers and announcements 7) Stress balls with graduates with the phone numbers of mental health supports in the community. 8) Mindful play (playdough) 9) Stop the Stigma 7x7ft poster signed by students. 10) Mindfulness training.
Jean Vanier	Wellness Week , Christmas Treats with Positive messages, monthly meetings, Participation in board wide events, advocacy: Promoting our team and our initiatives.
Cardinal Carter Academy for the Arts	Each month wellness warriors focuses on a theme and plans an activity or event that corresponds with the theme. For example,
Michael Power St. Joseph High School	Parents Night, Class Room Stress Presentations, Guest Speakers, School Wide Power Let's Talk Initiatives
St. Martha	We hosted a Stop the Stigma Day for primary to intermediate students which took the students through a series of mini-sessions that demonstrated ways to relieve stress/anxiety and promote wellness. The sessions included: healthy eating, colouring/art, board games with friends, music through karaoke, exercise. (See uploaded schedule)
Our Lady of Fatima	Chill zones, bell let's talk day, mental health announcements, imagine a better day, guest speaker
Loretto Abbey	Coffee House, guest speakers

St. Michael Choir School	Youth teaching youth. Our school is unique, grade 3 to 12. Our Secondary STS were trained on how to teach the elementary and the elementary STS followed through in the classes with activities.
St. Maria Goretti Catholic School	Halloween, Bell Lets talk day, stop the stigma mass, children's mental health week.
Our Lady of Victory	Parent Info Night/Stress Ball Making/Classroom Sessions with Nursing Students
Father John Redmond CSS & RAP	Anthony Maclean--guest speaker for all grades; Zumba at lunch, mindfulness crafts at lunch, ukulele lessons in the chapel, SLYE roadshow(community supports).
Neil McNeil	Mental Health Speaker, Yoga Day, Physical + Mental Health integration walk, Mental Health Promotion, School Prayers with mental health focus, Raised money for the Good Shepherd, Mental Wellness Awareness Campaign
St Cecilia	STS pledge for all students to sign off then display in school
Monsignor Fraser College - Isabella Campus	Mental health and wellness week
St. Edward	Mental Health Awareness Days, PA announcements, starting SMHAC Club (Student Mental health awareness and caring)
Our Lady of the Assumption	1. One of our Civvies Day collections was to go towards buying games, cards and activities for each classroom 2. Girls talk time - met one hour a week during lunch for open discussion / health / hygiene 3. Had a former student teacher candidate (now hired teacher) come back to the school to discuss her mental health issues and story

Our Lady of Sorrows	Bringing Awareness to mental health and Year long Messages communicated to the school twice weekly on announcements. Staff and student leaders wore shirts stating #YouMatter and teachers put their own quotes on the back. Worn first Tuesday of the Month.
St. Margaret	Student workshops
St. Vicent De Paul	We Were able to raise \$480.00 through Bake Sale
Bishop Allen Academy	Mental Health Week - Wellness passport and challenges, plus walk-a-mile event and resource booths; Creation of Wellness Space for students (after school; weekly); guest speakers (Gillian White, Jack.org)
St. John the Evangelist	Wellness Week and Monthly Announcements over the PA and a school wide challenge in January to raise awareness