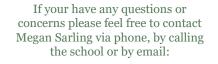## OPEN PARACHUTE

This is one of the programs that your Wellness Coach will be running. This program is designed to be engaging as well as push students outside their comfort zone in order to teach them skills surrounding their mental health. Once learned students will be able to draw on these skills for the rest of their lives whenever challenges arise. Each grade curriculum is designed to be age appropriate and is extensive. Please click on the link below and provide an email in order to gain access to the Parent/Guardian Skill program. You may select from the categories "childhood", "pre-teen", or "teen". Select "pre-teen" for Jr. High students and "teen" for Sr. High Students. Audio only resources are also available on the site.

Jr. High
https://learn.openparachuteschools.com/parent/login?id=CA_hgcur98cJYT1Q05BcxO7W

Sr. High
https://learn.openparachuteschools.com/parent/login?id=CA_1bs9pxTUqr-qI2lE71-

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If your have any questions or concerns please feel free to contact Megan Sarling via phone, by calling the school or by email:

Hillside Jr./Sr. High School

Phone: (780) 524-3277

E-mail: megan.sarling@ngps.ca

Hillside Jr./Sr. High School Wellness Coach

Alberta Health Services

Mental Health Capacity Building

Northern Gateway Public Schools

In association with the AHS MHCB in Schools Initiative, and Northern Gateway Public Schools

Our Wellness Coach

Hello! My name is Megan Sarling and I am the Wellness Coach at Hillside Jr./Sr. High school in Valleyview AB.

I am a Graduate of the University of Alberta, with a Bachelors degree in Psychology and a minor in Sociology.

I was raised on a small farm just outside Valleyview and am very honored to be serving the community that I grew up in. I am fiercely passionate about mental health and supporting our youth as they grow and develop.

In this role, I facilitate classroom presentations, as well as lunch hour groups geared toward specific mental health skills or social-emotional skills. I am also available as a resource to students, throughout the school day, as an additional mental health support.

WHAT IS MHCB?

MHCB stands for the Mental Health Capacity Building in Schools Initiative and works to promote positive mental health in children, youth, families and support individuals in the community . This initiative is based on research and best practice literature that demonstrates that mental and emotional wellbeing can be developed, nurtured and supported through promotion and prevention efforts. The MHCB initiative is aligned with Alberta Health and Alberta Health Services provincial strategies which emphasize promotion and prevention along with early identification and intervention.

OUR OBJECTIVES

1. Promote positive mental health in children, youth, families and communities by raising awareness, increasing knowledge, building personal skills, developing interpersonal skills and fostering positive community norms

2. Facilitate access to early intervention and treatment services for children, youth, parents and/or caregivers who are at risk of, or are currently experiencing, addiction and mental health issues

3. Improve knowledge of and access to effective and innovative services across the mental health continuum through community collaborative networks with schools, health supports, and community agencies to coordinate and streamline existing services

LUNCH HOUR GROUPS

MINDFUL MONDAY

This weekly lunch hour group focuses on the practice of mindfulness, which is a tool used to exercise the brain. Specifically the prefrontal cortex, and giving student the skills to pay attention to their body and emotions.

TUNE IN TUESDAY

This weekly group is focused on building and expanding social-emotional skills through conversation and relationship building.

WELLNESS WEDNESDAY

This weekly group consists of stress-busting activities designed to be flexible and dynamic, based on the needs of students.

BRAIN BREAK FRIDAY

This weekly group is a relaxation and mindfulness session with the use of tools to emphasize the skills of relaxation and letting go. Students 'paint' with water on a board, and as the creation dries, the 'painting' disappears. This gives the students a relaxing break, wherein their minds can relax as well, hence; Brain Break.