

# École Pine Grove Middle School

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Canada



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WELLNESS  
PLAN  
2022-23



# Background

Some of the emotional themes represented thus far at Pine Grove Middle School, among students, include increased motivation, encouragement and engagement in the area of decision making, conflict resolution skills, healthy relationship building, effective giving and receiving verbal and non-verbal communication, self reflection and self management. These basic skills are crucial during adolescence in order to prepare the student with the tools required for autonomy in their academic and personal life.



## **Core Values** **GROWTH** **EFFECTIVE RELATIONSHIPS** **RESPECT**

CORE VALUES incorporated into everyday language with students by ALL staff building on a positive climate. Student's physical and emotional needs have been a focal point of many of our initiatives this year.

## **RockStar Awards**

*ROCKSTAR* Awards are awarded each week and featured in our Panther Post. (Students who demonstrate our Core Values) Monthly grade level assemblies are held with *ROCKSTAR* winners being recognized.



# L.E.A.D.r's

Leadership  
Enhanced  
Achieved  
Developed

Each homeroom class has appointed one representative to represent them in monthly meetings with Mr. Lorne to discuss and develop an action plan to enhance a positive school culture.



## Middle School Athletics

Our athletics program accepts ALL students regardless of physical ability. We have a no cut policy with multiple levels of competition, Level A through C. We have also incorporated a Bantam Football program this year as an additional athletic opportunity.



Before Thanksgiving, students in grade 7 classes, brainstorm about positive people in their lives and what they are thankful/grateful for. They discussed trying to focus more on the positives in our lives, instead of obsessing over the negatives. Students created seven "Slides of Gratitude". They chose five reasons they are thankful (many chose family/friends and pets - others chose music/sports etc . . . most did NOT choose things/objects which was great to see) and they also chose a quote and song about gratitude.

After the Christmas holidays, grade 7 classes will be completing a Language Arts unit called "Conflict & Change". During the unit, students will talk about relationships and the importance of the people in their lives. They will touch on feelings/emotions/perceptions, conflict, conflict styles, and conflict resolution. The conclusionary activity is a novel study in which students read about the 2 main characters who experience the same events but with very different perceptions.

## Outside Circle Discussions

In **Wellness class** students participated in circle, students discussed mental health.

What is stress?

How can stress affect your mental health?

What things cause us stress? (tests, divorced parents, high expectations, siblings)

How we can deal with stress?

(listening to music, going outside, being active, hanging out with friends, making a study plan, talking to a trusted adult)

## Hear Our Voices

École Pine Grove Middle School is pleased to offer a new program specifically focused on supporting and inspiring Indigenous students. This program aims to foster learning opportunities, provide students with one on one teacher time, and aid in creating a holistic learning environment with targeted strategies students can implement. Hear Our Voices is facilitated by Sandra Davenport who is excited to work directly with our Indigenous student population and build a sustainable and impactful support system for our students.

## B.E.S.T.

Beginning Oct. 18th, Grade 6:

*Recognizing Bullying and Harassment*

- Students will learn how to recognize bullying and harassment, stand up safely to bullying and respond appropriately to harassment. This unit develops students' empathy skills as well as understanding the impacts of bullying and harassment on individuals and their communities.

*Grade 7: Thoughts, Emotions & Decision Making*

- Students will learn how to recognize strong emotions and unhelpful thoughts. Students learn to apply strategies for managing their emotions and reducing stress. This unit will help students understand that all of their emotions are valuable.

*Grade 8: Managing Relationships and Social Conflict*

- Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict.

# Kaylee Leis - Pine Grove Student

