

## Breakout Session 1: Mental Health and HPE – Sharing the Vision

9:30 – 11:00

1. Welcome/Introduction
2. Minds On: Self Care Bingo (Strong Staff Strong Students)
  - Start with a short clip from the MH videos showing a short discussion about the importance of self-care
3. Resource Sharing – Dave Inglis, Rebecca Richardson
  - Include additional mental health curriculum links (see attachment)
4. Now It's Your Turn
  - Respond to situations where they need to provide support and information about why MH is important (response to supervisor, parent, educator colleague)
    - i. Peer – doesn't see their role, too much to do (implicit, explicit opportunities, preface of curriculum, educator's role to identify not diagnose)
    - ii. Parent – school's job is academics (whole child – preface – Stepping Stones diagram, connections between mental health and overall achievement)
    - iii. Administrator – wondering why time spent on mindfulness, stress management (curriculum links, overall well-being, addressing holistic learning)
    - iv. Student – setting fitness goals, asking for help identifying benefits of physical activity (mind-body connection, physical, social, emotional, intellectual benefits)