



Education and
Lifelong Learning

Éducation et
Apprentissage continu



Student Well-being Program

Sullivan Building, 1st Floor
16 Fitzroy Street
PO Box 2000
Charlottetown,
Prince Edward Island
Canada C1A 7N8

Programme de bien-être scolaire

Immeuble Sullivan, rez-de-chaussée
16, rue Fitzroy
C.P. 2000
Charlottetown,
Île-du-Prince-Édouard
Canada C1A 7N8

Dear Parents / Guardians,

Student Well-being Teams are in all Island schools to support students. These teams promote healthy living and help students with mental health and other issues to help them be strong students and community members. Our teams offer **Health Promotion** by providing presentations and leading activities that teach students how to be strong, healthy, and resilient. Presentation topics are age-appropriate and include Consent, Gender Diversity and Being an Ally, Kindness and Empathy, Personal Hygiene, Self and Co-Regulation, Social Inclusion and Bullying, Stress and Anxiety and Transitions. Our teams also provide **Support** through group programs, one-on-one support, and parent support.

The Student Well-being Teams work with the Student Services Team to support students or parents; however, they are not school-based staff. The team is tri-departmental and includes Social Workers and Registered Nurses from Department of Health, Outreach Workers from Department of Justice, and our Provincial Staff from Department of Education. The Student Well-being Teams work 12-months/year and continue support during school breaks and outside of school hours. The team can also provide home support or clinical support as needed.

The team is referral-based for our one-on-one support and for Mental Health groups, meaning students must go through a referral process to access these services. A child can be referred by a parent, teacher or doctor or they can refer themselves to the service. Parental consent is strongly encouraged for all students and required for any students under the age of twelve. Referrals can be made online, through our website at <https://www.princeedwardisland.ca/en/service/make-a-student-well-being-team-referral> or by contacting our team or the school directly.

If you have questions about your child's well-being, or do not want your child to participate in any Student Well-being presentations or services, please reach out to the Student Well-being Team, as well as your child's classroom teacher.

Click here to learn more about our Teams! princeedwardisland.ca/StudentWellbeingTeams

Have a wonderful year!

Elizabeth Kennedy
Program Lead, Student Well-being Team



Supporting Island children and their families to be the best they can be. Aider les enfants de l'Île et leurs familles à donner le meilleur d'eux-mêmes.