

## **Student Agenda Insert for all Schools**

**The following updated information must be incorporated into your Student Agenda.**

### **CDSBEO Schools: Supporting a Strengths-Based Approach to Building Resiliency, Positive Mental Health and Well-Being**



Resiliency is an ability to bounce back and adapt to life's challenges while maintaining an attitude of hope and optimism.

All schools in CDSBEO are working to develop a strengths-based culture of practice where whole schools, classrooms and students are nurtured towards positive change. In order to accomplish this, students are asked to participate in a Resiliency, Mental Health and Well-Being Survey to better understand their perceived level of resiliency, well-being and positive mental health.

Information from the survey is used to empower school teams to better understand the strengths and needs of students to create positive changes in their schools and classrooms. In doing so, our goal is to support students in developing those skills that are essential for navigating life's challenges and becoming healthy adults.

Should you have any questions regarding this survey, or would like more information, please contact your school principal.