



Teachers collaborate to enhance wellness initiatives in local schools

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Red Deer Catholic Regional Schools (RDCRS) and Red Deer Public Schools (RDPS) are working collaboratively to enhance student and staff wellness. With over 20,000+ students in both school divisions, health and wellness is a top priority in Central Alberta.

In an effort to build capacity for student and staff health and wellness, both school divisions have created a system of Staff Wellness Champions. These Wellness Champions or Teams learn about and bring various health and wellness opportunities to the school.

Staff Wellness Champions recently gathered for a meeting focused on connecting resources and ideas between school divisions.

“The meeting today and the school year ahead is all about collaboration. We are all working towards creating a culture of wellness and we figured since both school divisions already do so much, we should collaborate on building a healthy community as a whole, not just within our school divisions,” said Char Andrew, Health and Wellness Coordinator at RDCRS.

The goal of Wellness Champions is to create a healthier school environment through modelling behaviour, best practices, sharing resources and collaboration.

“The Health and Wellness Champions of RDPSD and RDCRS totally understand that sharing resources, best practices and common mindset is an everyday occurrence in our Province and across our Country. Doing the same in Central Alberta only makes sense! We hope this meeting, today, inspires and promotes further work together,” said Brian Madill, Student Services Coordinator at Red Deer Public Schools.

Community partners present at the meeting included Alberta Health Services Dietitians, Ever Active Schools, Be Fit for Life, Move your Mood, Alberta Sport Development Centre, and a School Health Facilitator from Alberta Health Services.

Looking ahead, RDCRS and RDPSD will continue to work together for the betterment of student and staff wellness in our community.

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