**Healthy Schools Healthy People Update January 2020 – HAPPY NEW YEAR TO ALL!**

**Mental Health Literacy**

In December school teams, teachers & counsellors, from middle and secondary schools attended a one-day training session on Mental Health Literacy with Doug Agar, Jen Clarke and Trish Patterson. Each teacher and counsellor was provided with the MHL teaching module and the expectation was that classroom implementation would begin in January 2020. We have scheduled 2 more follow-up and feedback sessions in February and April 2020. It would be great if there were opportunities for discussion and sharing at upcoming staff meetings regarding the MHL curriculum. If you require names of teams from your school, please let me know and I will forward you their names.

HSHP January 2020 Newsletter: please share with your school community

<https://www.sd62.bc.ca/sites/default/files/uploads/news/HSHP-Jan%202020.pdf>

**Farm to School:**

Our first Garden Networking dinner meeting has been cancelled due to weather condition. An email will be sent out before the end of the day today.

**SOGI 123**

* **Secondary & middle school SOGI Leads** are helping with the planning of ‘Living in Colour’ conference; the team will be meeting again on Thursday, January 23rd for planning purposes. The conference will take place on **Thursday, March 12th at JMS**
* Last week I met with **elementary school SOGI Leads** and focused our discussion on supporting and celebrating diversity; it would be great for SOGI Leads to get about 10-15 minutes to share at the monthly staff meetings; I too am willing to attend the staff meetings if needed – HV gets me this month!
* STA has resources and release time for SOGI Leads for planning purposes & the Leads are aware
* We’re looking at replenishing French SOGI related books
* I’m also in the process of creating a SOGI document that would be helpful for school administrators in addressing staff, parental or community questions. Similar documents are in place or being created in other districts across BC. I will send a draft out for your feedback first
* I have just started a dialogue with the elementary Sports Council Committee about making physical literacy & sports more gender inclusive … just a conversation. Please let me know what’s already happening in your schools to make physical literacy more gender inclusive
* Lastly, **gender neutral washroom signage** should be installed on all single use washrooms at all sites in the district