



## How can I access my school's team?

Students and families can access services directly through a team member, or by contacting a teacher or staff member, such as the school counsellor or principal.

Teams are based out of one school and travel out to all schools in the family:

**Morell & Souris Families of Schools**  
*Morell Regional High*  
902-961-7345

**Montague Family of Schools**  
*Montague Regional High*  
902-838-0835 x241

**Colonel Gray Family of Schools**  
*St. Jean Elementary*  
902-368-6985

**Bluefield Family of Schools**  
*Bluefield High School*  
902-675-7480

**Westisle Family of Schools**  
*Hernewood Intermediate*  
902-859-0390

Teams serve English and French schools in their area.

## Access to services

Locating child and youth services in schools allows issues to be **addressed earlier**, and prevents them from escalating and impacting a student's ability to succeed in school and throughout life.



Student well-being teams are funded and staffed by several government departments and agencies that serve students and families:

- Education, Early Learning and Culture
- Health and Wellness
- Justice and Public Safety
- Public Schools Branch, CSLF
- Health PEI



Student  
**Well-being**  
Teams



Mitchell  
5-12-18  
C.H.

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## Purpose

Student Well-being teams help students build strength in the area of mental, social and physical health.

They support children and youth to deal with issues like mental health, sleep, exercise, food, screen time, family or relationships.

Team members help students understand what they are going through and provide them with tools to deal with life's challenges.



Teams include trained professionals who have experience working with children and youth.

They include:

- *School Health Nurses*
- *Mental Health Clinicians*
- *School Outreach Workers*
- *Counseling Consultants*
- *Occupational Therapists*

## What do the teams do?

Team members work closely with teachers and the school's student services team to help students reach their full potential.

Teams provide one-on-one counseling, small group sessions and well-being programs that focus on prevention and early intervention.



## What can students expect?

Teams are student-centred. When a student meets with a team member, he or she can expect to be listened to, and understood.

Teams offer evidence-based programs in key areas, such as:

- *Self regulation*
- *Anxiety*
- *Social skills*
- *Parental support*

Teams also work closely with students and staff to create healthy school cultures.

## Guiding Principles

### 1. Student-centred.

Every aspect of the program has the student and family at the center. Teams strive to build on the strengths of the student and to make accessing and receiving services as easy as possible.

### 2. Easy Access

Students can approach a team member directly or speak to a trusted school staff member, such as a school counsellor or principal, who will help them access the support they need.

### 3. Early Intervention

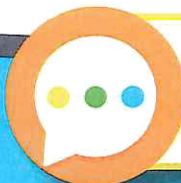
Every effort is made to meet the needs of students and families as early as possible and in the least intrusive manner.

### 4. Collaboration

Team members work with school staff and community agencies to meet the needs of students and their families – while building a culture of well-being in the school community.



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