# JCSH School Well-being Toolkit

# Checklist

*This checklist can help schools ensure that they are fully prepared to implement well-being strategies effectively.*

**Understanding Module Concepts**

[ ]  Have we reviewed the definition of well-being at school and its importance?

[ ]  Do we understand the dual-dimensional model of well-being (mental health challenges vs. flourishing)?

[ ]  Have we discussed the psychological well-being needs of students (relatedness, competency, autonomy)?

[ ]  Are we familiar with the Health Promoting Schools (HPS) framework and its components?

**Assessing Our School’s Current Approach**

[ ]  Have we identified existing school policies that support or hinder well-being?

[ ]  Do we currently incorporate strategies to foster student connectedness, engagement and resilience?

[ ]  Have we evaluated our staff well-being initiatives as well as our student well-being efforts?

**Building Leadership & Support**

[ ]  Is school leadership actively engaged in prioritizing well-being?

[ ]  Do we have designated staff or student “well-being champions” to lead initiatives?

[ ]  Are we fostering an inclusive approach that integrates staff, students and the broader community?

**Planning for Action**

[ ]  Have we discussed how to integrate the HPS approach into our existing school framework?

[ ]  Have we set preliminary goals for improving well-being at our school?

[ ]  Do we have a plan to incorporate social, emotional and psychological well-being into teaching and learning practices?

**Engaging Stakeholders**

[ ]  Have we included students, educators and parents in discussions about well-being?

[ ]  Are we considering partnerships with community organizations and health professionals?

[ ]  Have we planned for ways to include student voice in well-being initiatives?

**Monitoring & Evaluation**

[ ]  Do we have a system in place to track well-being initiatives?

[ ]  Have we considered using surveys, feedback sessions or other evaluation methods to monitor progress?

[ ]  Are we prepared to adjust our strategies based on feedback and outcomes?