

Family School Wellness program - support for students

A message from Superintendent Kurt Sacher



CESD Family School Wellness team

During the 2022/23 school year there have been more than 11,000 individual sessions with students and a Chinook's Edge Family School Wellness (FSW) Worker. That's about 10% more than last year, and this year is not yet complete.

Coming out of the pandemic, school divisions all over the country are seeing an impact on students who are experiencing challenges with social and emotional wellness, including difficulty adjusting to the pace of learning, and difficulty with social connection.

Chinook's Edge is serious about responding to this challenge. One layer of the [many supports we offer](#) is the Family School Wellness program.

What is a family school wellness worker?

- Chinook's Edge employs 25 Family School Wellness (FSW) workers.
- FSW workers have expertise and qualifications in youth wellness
- While all of our Chinook's Edge staff are charged with helping students holistically - FSW workers have a unique opportunity to support your child one-on-one focused on their social and emotional needs.

What students see FSW workers?

- The top 3 reasons Chinook's Edge students were referred to FSW last year:
 - Emotional regulation - experiencing anxiety, sadness, and /or anger
 - Relationship challenges with peers at school / school conflict
 - Family relationship challenges
- The criteria for a student to see FSW is that their challenge is impacting them at school

How does a student get referred to FSW?

- Students are referred to FSW through a teacher, a principal, or their parents. Students can self refer.
- Every student can access one single session and a follow up session without parental consent. After the single and follow up session, FSW requires parental consent.
- With parental consent, the FSW provides short term support where students have access to about 6 to 8 sessions as needed.

What happens in a session with FSW?

- The FSW works one-on-one with a student to resolve mild to moderate social / emotional needs impacting them at school. (Students with severe needs are referred to other professionals).
- If there is more than one session required, FSW workers reach out to families not only for consent, but in order to work together with the family to support the needs of their students.

In surveys after sessions, participants tell us the program is making a significant difference for them. School based administrators and other staff also see the positive impact. I would like to express my gratitude to our Family School Wellness Workers for the dedicated work they are doing, and the difference they make for so many students. As a parent, if you'd like your child to access the FSW program, please contact your child's school.

To read the latest version of the Board e-News, please click [here](#).

A handwritten signature in black ink that reads 'Kurt Sacher'.