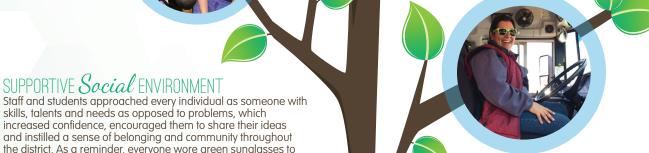# HOW DO SUPPORTIVE ENVIRONMENTS SHAPE WELLNESS?

LEARN HOW SUPPORTIVE ENVIRONMENTS CONTRIBUTED TO DISTRICT SCOLAIRE FRANCOPHONE DU NORD-OUEST'S WELLNESS STORY.

Just like a tree, a wellness story needs the right conditions to grow. The people and places that surround us are like the soil, water and sunshine—they help wellness flourish! Let's see how supportive environments contributed to the success of District scolaire francophone du Nord-Ouest's wellness story…

SUPPORTIVE *Social* ENVIRONMENT

Local and provincial mental fitness experts teamed up to lead workshops for all staff – from teachers to janitors and school bus drivers – on how to bring a mental fitness approach into the classroom and the workplace, which motivated staff and students alike to change the culture in their school environment.

SUPPORTIVE *Social* ENVIRONMENT

Staff and students approached every individual as someone with skills, talents and needs as opposed to problems, which increased confidence, encouraged them to share their ideas and instilled a sense of belonging and community throughout the district. As a reminder, everyone wore green sunglasses to show what it looks like to see things through a new lens.

SUPPORTIVE *Physical* ENVIRONMENT

Teachers rearranged the desks in the classrooms to facilitate connection and conversation, and the insides of the school buses were plastered with positive slogans to help make the journey to and from school a positive one.

SUPPORTIVE *Social* ENVIRONMENT

The Superintendent and Director of Education got on board and supported local and provincial experts in providing mental fitness training to the entire district because they saw that motivated and engaged staff and students are more likely to feel good about themselves, make healthy lifestyle choices and create a positive learning environment.

SUPPORTIVE *Social* ENVIRONMENT

Students brought the mental fitness approach home with them, and families learned how to recognize each other's gifts and talents and make decisions together.

THE *wellness* MOVEMENT

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Both the students and staff of the District scolaire francophone du Nord-Ouest are living healthier lives because their basic psychological needs of competence, autonomy and relatedness are being met thanks to the support they get from the people and places around them!

New Brunswick Nouveau