HOW DO SUPPORTIVE ENVIRONMENTS SHAPE WELLNESS?

LEARN HOW SUPPORTIVE ENVIRONMENTS CONTRIBUTED TO NATOAGANEG SCHOOL'S WELLNESS STORY.

Just like a tree, wellness stories need 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 Natoaganeg School's wellness story...

SUPPORTIVE Social ENVIRONMENT

School staff and community members came together to launch the project Healthy Bodies, Minds & Spirits, which sparked many student-led initiatives and new opportunities for students and staff to make healthier choices at school.

SUPPORTIVE *Physical* ENVIRONMENT The school secured funding from Canadian Feed the

Children to build a state-of-the-art industrial cafeteria where healthy meals could be prepared inside school walls and students and family members could learn new cooking skills.



SUPPORTIVE Social ENVIRONMENT

SUPPORTIVE *Physical* ENVIRONMENT Students tend a community garden with raised beds and a

greenhouse, which continues to supply the cafeteria with fresh ingredients and hosts an annual harvest for the whole community.

SUPPORTIVE Social ENVIRONMENT

School Youth Champions volunteered to run an on-site food box program that gave local families access to fresh, local ingredients and inspired them to try new fruits and vegetables.

Students' families got on board by participating in activities like the Family Kitchen where they cooked meals together, learned more about nutrition, and were inspired to take their new healthy eating habits home.



START your STORY

www.wellnessnb.ca

Natoaganeg School's students and their whole community now have healthy bodies, minds and spirits, thanks to the people and places that supported their wellness!

