



To: Our colleagues throughout Quebec From: The Centre of Excellence for Mental Health



Nurturing Positive School Climate and Healthy Relationships

A positive school climate is essential to promoting student mental health and wellbeing. A positive school climate is where students and staff create harmonious relationships, feel safe, included, valued, supported and cared about, as well as, share a sense of “community.”

The mission of creating a positive school climate involves all of a school’s values, norms, goals, teaching and learning practices, interpersonal relationships and leadership. Teachers can significantly influence school-wide climate through their positive attitudes. They can create a classroom where students feel understood, accepted and affirmed. This helps to elicit a sense of belonging and well-being among students and staff.

How can we build a strong relationship with each student:

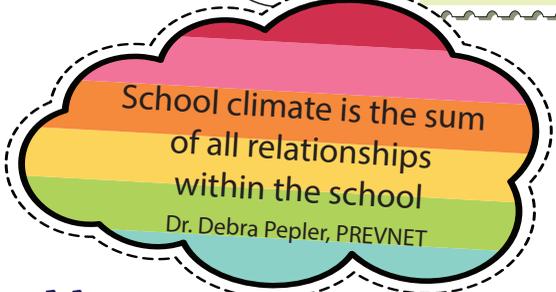
- Help them get to know their strengths (and yours)
- Involve them in developing class norms
- Involve them in decision making about activities, chores and responsibilities
- Provide them with opportunities to share about their family and community

For more information: <https://healthyschoolsbc.ca/key-focus-areas/school-connectedness/>

Watch this video on engaging students in establishing norms for classroom climate:



https://www.youtube.com/watch?v=g_PoAg28TsQ



School climate is the sum of all relationships within the school

Dr. Debra Pepler, PREVNET

Positive school climate and healthy relationships influence more than behaviors...

- Hope & optimism
- Improved physical, social, & emotional well-being
- Improved academic achievement
- Higher graduation rates
- Increased motivation to learn
- Improved staff morale
- Greater attachment to school



- Decrease in oppositional & negative behavior
- Decrease in risky behaviors
- Lower rates of student suspensions
- Lower rates of teacher burnout
- Alienation & isolation



(JCHS-Best Practice, 2013)

A tiered approach to positive school climate



PERMA is a positive educational approach, created by Martin Seligman, that encourages classroom practices that promote **Positive emotions**, utilizing student strengths to foster **Engagement**, relating in a genuine manner to build **Relationships**, helping students find **Meaning** and enabling students to develop a sense of mastery through their **Achievements**.

Click here to view a video of Dr. Seligman explaining PERMA:

https://www.youtube.com/watch?v=iK6K_N2qe9Y



For more information on Positive School Climate and Healthy Relationships

- www.schoolclimate.org
- www.cdc.gov/healthyyouth/protective/pdf/connectedness.pdf
- www.edu.gov.mb.ca/k12/specedu/beh/pdf/3.pdf
- www.jchspositivementalhealthtoolkit.com/
- www.cihi.ca/en/improving_health_canadians_en.pdf
- www.prevnet.ca/resources/bullying-prevention-facts-and-tools-for-schools

If you have found this postcard to be helpful and informative, please share it with colleagues. Dissemination of information about mental health is the first step toward promoting better mental health!

For more information: Gerry Weintraub, Ph.D., OPQ
Psychologist-Coordinator, Centre of Excellence for Mental Health,
514-422-3000 ext. 32468, gweintraub@lbpsb.qc.ca