

<sup>rd</sup>. This student organized and led event focused on topics including healthy relationships, importance of sleep, mental health first aid, and the upside of stress. Secondary students were invited to attend this event to learn more about mental health and how they can take action in their own schools from professionals in the field.

The idea for this conference came from the work that DSAC began in the 2018-2019 school year with physical and health education teachers to identify the aspects of mental health that Grade 8 and 9 students wanted to learn more about. They were particularly interested in learning about stress and how to manage it, how to improve their sleep, and healthy relationships. Students also indicated that they would like to have the opportunity to hear from guest presenters on these topics. Considering all of the input that was gathered, DSAC organized and presented this mental health and well-being conference, which was originally supposed to take place in-person a year ago. Due to the pandemic, the conference was postponed and presented virtually, instead.

Lilah Williamson, DSAC president, is here this evening to share more information about this event.

**Recommendation:**

THAT the Board of Education receive this information.

**2. Programs of Choice – Progress Report**

The Burnaby School District has a long and successful history of offering a variety of program options for students. In March of last year, the school district began a thoughtful and focused review of the district's programs of choice in order to review and identify key strengths of current programs, as well as to address possible gaps in existing supports and services.

Interviews and focus groups with district and school-based staff, as well as small stakeholder focus groups with students and parents/guardians

With a focus of the review on improving future opportunities and student outcomes, the information gathered and key findings will be compiled in a final report. It is anticipated that this report will be complete in the fall of 2021.

This evening, Wanda Mitchell, Assistant Superintendent, will provide an update of work to date and information regarding a revised timeline.

**Recommendation:**

THAT the Board of Education receive this information.