

SUPERINTENDENT'S REPORT
Reporting to Public Session on Tuesday, April 26, 2022

1. DSAC Student Forum Mental Health

The Burnaby School District Student Advisory Council (DSAC) held a conference, *Solutions Through Discussion: Pathways to Positive Mental Health and Well-being* for secondary school students on Wednesday April 6th and Thursday April 7th. This student organized and led event focused on topics including School-life Balance, Indigenous Wellness Teachings, Stress Management and Burnout, and Managing Screen Time. 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.

This conference originated in the 2018-2019 school year through the work of DSAC. Physical and health education students across the district expressed an interest in learning more about personal mental health and well-being. They were particularly interested to hear from guest speakers to learn about stress and how to manage it, how to improve their sleep, and how to engage in healthy relationships. Considering the success of the conference last year, DSAC continued their work and hosted the student-conference for a second consecutive year. The conference was presented virtually.

Hannah Qin, DSAC president, is here this evening to share more information about this event.

Recommendation:

THAT the Board of Education receive this information.