School Health Resource Bulletin

November 2026 | Belonging & Well-Being

Thunder Bay District Health Unit | Children, Youth & Families

Belonging Matters: Supporting Student Well-Being & Connection

A strong sense of belonging supports student well-being, engagement, and success at school. Students who feel connected, valued, and supported are more likely to participate in learning, build positive relationships, and seek support when needed.

Schools can help foster belonging by:

- creating welcoming environments
- promoting student voice and action
- encouraging positive relationships



Students thrive when they feel connected, valued, and supported.

Nicotine Pouches

are becoming increasingly popular among youth.

These small, often flavoured pouches are easy to conceal and can contain high levels of nicotine.

www.quitnow.ca

Belonging & Well-Being Resources

Explore the resources below for practical strategies that support student well-being, positive relationships, and inclusive school communities.

Program Spotlight

Youth Wellness Champions

Youth Wellness Champions empowers students to identify wellness priorities, take meaningful action, and support well-being within their school communities.

Participating schools receive support and resources to help students:

LEARN MORE

- Identify wellness priorities
- Develop action plans
- Lead wellness initiatives
- Amplify student voice
- Promote school connection and belonging

Opportunities & Events

Schools can connect with TBDHU and community partners to support student well-being, strengthen school connectedness, and promote positive school climates throughout November.

- **School Health Programming Guide**
- **Fall Respiratory Vaccines** Flu, COVID-19, RSV & Pneumococcal
- **National Addictions Awareness Week** November 15-21
- **Bullying Awareness & Prevention Week** November 15-21

Teacher Resource

Supporting Student Mental Health & Well-Being

- Ready-to-use activities and mental health resources for educators.
- Strategies to create welcoming and supportive classrooms.
- Tools to strengthen student connections and belonging.

smho-smso.ca/mentally-healthy-back-to-school-support-package

Family Resource

Mental Health Support for Parents & Caregivers

- Peer-support groups for parents and caregivers across Ontario.
- Trusted resources on child and youth mental health.
- Webinars and information to help families find support.

family.cmho.org

Additional Resource

Promoting Positive School Climates

- Evidence-informed resources for bullying prevention.
- Tips for addressing harmful peer behaviour and promoting inclusion.
- Practical tools and strategies for educators and school staff.

prevnet.ca/resources/for-educators/

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