



Education and
Early Years

Éducation et
Petite enfance



Student Well-being Team
Sullivan Building, 1st Floor
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Dear Parents & Guardians,

Student Well-being Teams (SWT) service and support all Island students. These teams promote healthy living and help students with mental, social and physical health issues. Our teams offer **Health Promotion** by providing presentations and leading activities that teach students how to be strong, healthy, and resilient. Presentation topics are age-appropriate and cover topics such as Anxiety, Bullying and Social Inclusion, Health and Wellness, Technology and Me, Kindness and Empathy, and Emotions. Our teams also provide **Support** through group programs, one-to-one support, brief interventions and parent support.

The Student Well-being Teams work with the Student Services Team to support students and their families; however, they are not school-based staff. The team is tri-departmental and includes staff from Education, Health, and Justice. Teams are comprised of Family Support Workers (Three Oaks, KISK/Kinkora, Charlottetown Rural and Colonel Gray, Bluefield and Montague FOS only), Outreach Workers, Registered Nurses, and Social Workers. The Student Well-being Teams work 12 months/year and can provide support during school breaks and outside of school hours. SWT can also provide support in the home or clinical support as needed.

The SWT is referral-based for our one-to-one support and mental health groups. A child can be referred by a parent, teacher or doctor or they can refer themselves to the service. Referrals can be made online, through our website: <https://www.princeedwardisland.ca/en/service/make-a-student-well-being-team-referral>

Parental consent is **strongly encouraged** for all students. However, if a student is requesting that a parent/caregiver not be informed or parents/caregivers are unable to be reached, SWT staff will assess the situation and may determine that the student has “capacity to consent.” In those cases, the student can proceed by providing their own consent for service.

If you have questions about your child’s well-being, or do not want your child to participate in any Student Well-being presentations or services, please reach out to the Student Well-being Team, as well as your child’s classroom teacher.

We look forward to supporting you and your students. Take care and have a great school year,

Nicole Wadden Garland

Program Lead, Student Well-being Team

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Phone: 902-368-5868

Website: <https://www.princeedwardisland.ca/en/information/education-and-early-years/student-well-being-teams>



Supporting Island children and their families to be the best they can be.

Aider les enfants de l'Île et leurs familles à donner le meilleur d'eux-mêmes.

Tel/Tél. : 902-368-5868

[princeedwardisland.ca/StudentWellbeingTeams](https://www.princeedwardisland.ca/StudentWellbeingTeams)