

Children's well-being at school: Let's do our homework

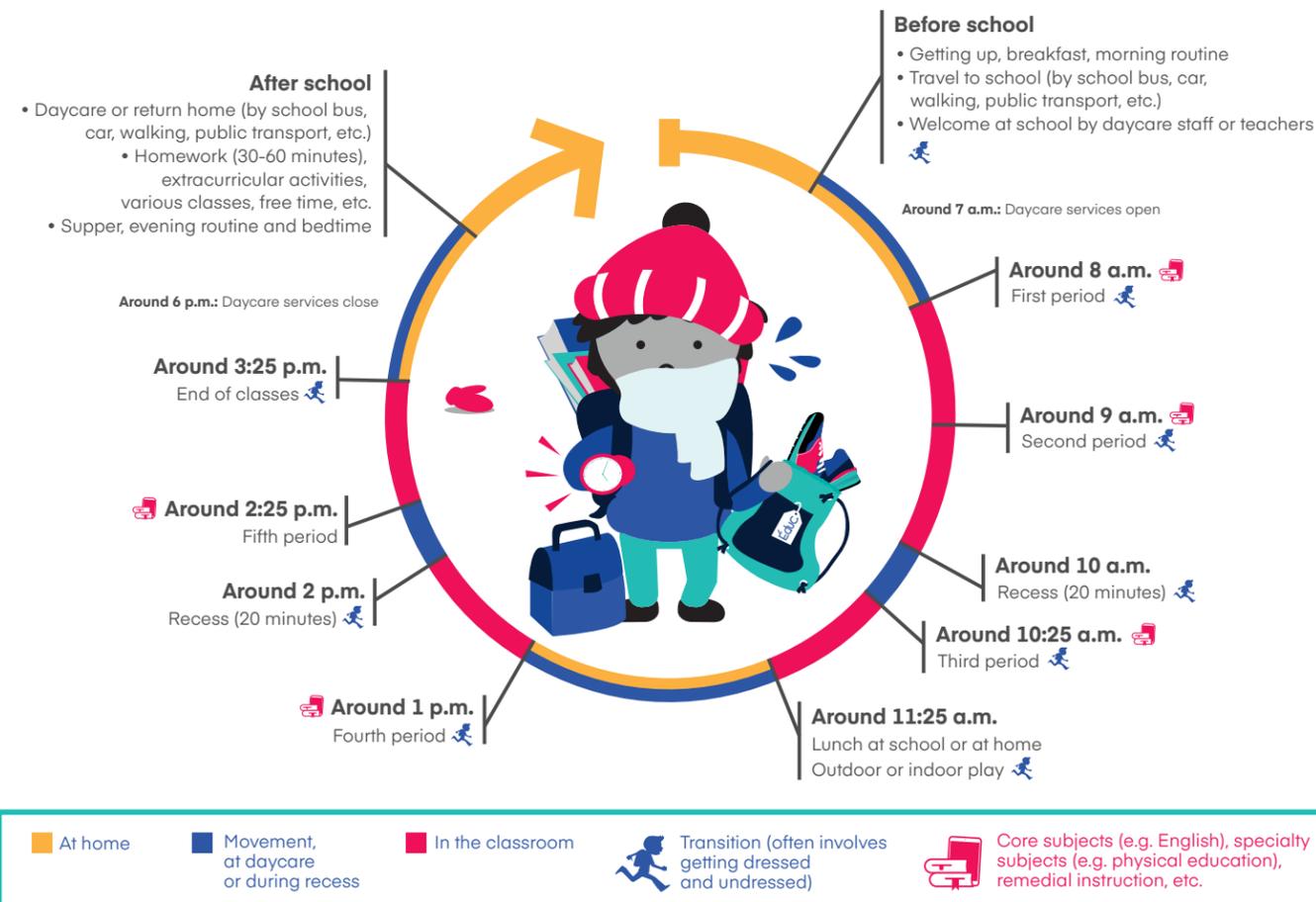
A child's well-being is not just an option or a priority — it's a right.

Why is children's well-being at school important?

- Their daily schedule is often very busy
- School life brings its share of stress
- For a number of children, adapting to school is a challenge
- Many children are in psychological distress

Every child has unique needs. It's our duty to pay more attention to the mental health and well-being of all children.

A day in the life of an elementary school child



Five areas of recommendation

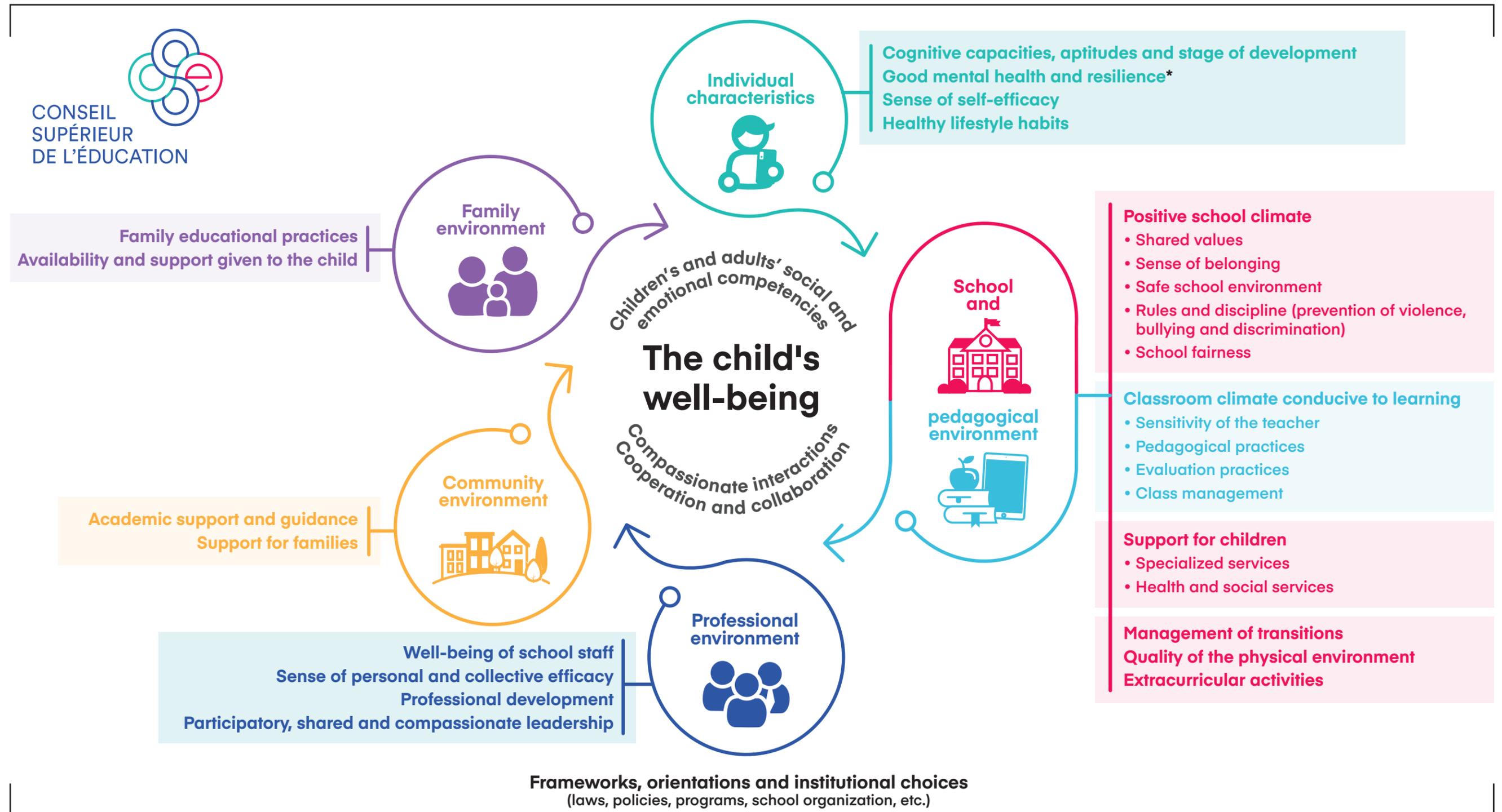
- 1 Consider children as actively involved in their own well-being**
 - To enable them to contribute to their well-being according to their abilities and maturity level.
- 2 Help children develop their social and emotional competencies**
 - To enable children to protect and assert themselves, manage their emotions, become responsible citizens and succeed in school
 - To take advantage of the fact that school, as a living environment, is an ideal place to learn and practise these skills
- 3 Provide accessible and universal psychosocial assistance resources on a timely basis**
 - To ensure that all children have all the help they need, as soon as they need it
- 4 Support the professional development of all school staff members**
 - To enable all school staff members interacting with children to do so with compassion
 - To make sure that children's development of social and emotional competencies is supported in the best way possible
- 5 Collaborate and cooperate to reach a shared understanding of the child's needs**
 - To ensure that all those concerned come together as a team around the child
 - To make sure that collective decisions translate into concrete actions that truly respond to the child's needs

Read the brief *Le bien-être de l'enfant au primaire : faisons nos devoirs* (abridged English version: *Children's well-being at school: Let's do our homework*), at the following address: www.cse.gouv.qc.ca/type_de_publication/bien-etre-enfant-50-0524

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Society

(social and cultural values, norms, socioeconomic conditions, etc.)



* Resilience is not a purely individual characteristic.