







# Support Spotlight: Wellness

## Who We Are

<p><b>Stacey Bolton</b> Teacher Counsellor</p> 	<p><b>Dan Nault</b> Family School Liaison Counsellor</p> 
<p><b>Robyn Kalau</b> Family School Liaison Counsellor</p> 	<p><b>Karla Red Crow</b> Student Support</p> 

- The Chinook High School Wellness Team is a dedicated group of 4 team members committed to supporting students as they navigate high school as an adolescent. Each team member brings unique skills and expertise, providing well-rounded support for well-being. Together, we work to create a safe, welcoming environment where students feel empowered, connected, and equipped with the tools they need to thrive both in school and in life.

## What We Do

- We provide support to students who may need help navigating high school and life as an adolescent to plan for their future and find success.
- We provide the opportunity for students to access educational, personal, and career (post-secondary) counselling, as well as community services information.



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## **How We Support Students**

- Short-term in-person counselling in our Wellness space and connection throughout the school (helping students get to school, address issues, attend classes, and find success).
- Assist with referrals to various community organizations if outside ongoing support is needed.
- Students can access Wellness services anytime by walk-in, send a TEAMS message, or email message, or have a teacher or parent/guardian call.
- Wellness is a voluntary service, and students do not have to engage if they are not ready.

## **How Families Can Access This Support**

- Chinook phone: 403-320-7565
- Emails:  
[Stacey.bolton@lethsd.ab.ca](mailto:Stacey.bolton@lethsd.ab.ca)  
[Dan.nault@lethsd.ab.ca](mailto:Dan.nault@lethsd.ab.ca)  
[Robyn.kalau@lethsd.ab.ca](mailto:Robyn.kalau@lethsd.ab.ca)  
[Karla.redcrow@lethsd.ab.ca](mailto:Karla.redcrow@lethsd.ab.ca)
- Students can drop in to the Wellness Centre or Student Support Centre at anytime, teachers/admin can connect us, parents/guardians are welcome to reach out directly.

## **Why It Matters**

- It is important to connect with students and build relationships, to help guide them through the developmental stage of early adolescence. This is a time where humans are discovering who they are as individuals separate from the role in which they played growing up. It is important for them to strengthen their self-awareness, take risks by trying new things, build resiliency when they encounter barriers, and make purposeful decisions that will help them reach goals and find success. It is a stage full of learning and self-discovery all while understanding the importance of showing empathy and kindness to others around them.