



**Westwind
Wellness**
niistomskan
STUDENTS FIRST | INSPIRING EXCELLENCE

NEWSLETTER



CLARE MEHEW
Student Development
Support Worker



CAMMIE FOX
Indigenous Family
Connections Worker

September 2025
Awaakasiiki'soom: Deer Moon

MONTHLY WELLNESS FOCUS

What is Wellness?

People often think about wellness in terms of physical health - nutrition, exercise, weight management, etc., but it is **so much more!**

Wellness is a holistic integration of physical, mental, and spiritual well-being, fueling the body & engaging the mind.

Each month, we are excited to share with you some tips to improve overall wellness for parents and students of Westwind!

UPCOMING EVENTS & WORKSHOPS

**Orange Shirt Day
September 30th**

Remember to wear your orange shirt on **September 30th**. By wearing an orange shirt, you commit to the enduring truth that **EVERY CHILD MATTERS**, every day and everywhere.

For more information on **Orange Shirt Day**, visit our FNMI Resource page.



www.westwind.ab.ca/fnmi/orange-shirt-day

STUDENT & STAFF SPOTLIGHT



This past April, the Wellness Team gathered students from across Westwind to celebrate wellness in all its forms. The conference was designed to provide students with practical skills, effective coping strategies, and valuable resources to support Mental Health and Wellness. We are looking forward to hosting another Westwind Wellness conference this year!



Visit Westwind Wellness For More Info
www.westwind.ab.ca/westwind-wellness