

Wellness in the centre of learning

The Wellness Centre vision:

The Wellness Centre, located in the new New Westminster Secondary School's neighbourhood learning centre, will be a hub for delivering collaborative and holistic health and wellness supports ... one that will serve both the students at the school and the community in a very exciting way. The innovative offerings will aim to deliver physical care – making it possible for students to see a health practitioner – in the same space they can also access counselling, other types of emotional and mental health supports, and engage in preventative educational and empowering workshops.

The key is the holistic part: physical, mental and emotional supports, available both before and when it's needed.

By integrating these services we will remove barriers and solve for challenges many young people are currently facing: making it easier for them to receive wrap-around care and connect them with referrals they may need, in a space that's welcoming and supportive to the diverse issues they may be facing.

And, in keeping with the Wellness Centre being located in the heart of a school, it will also be a neighbourhood hub where students, parents and others in the community can attend workshops and other supportive opportunities. These sessions could cover anything from building healthy eating and sleeping patterns to coping with stress and anxiety. Regardless of topic, the goals of working towards prevention and building up individual capacity around mental and physical health will play an important role in the centre's success.

The new Wellness Centre: holistic care, support and prevention, located in the centre of learning.

The investments needed:

The vision is there. And we have community partners who are excited to be part of this innovative community plan. What's missing are the internal walls and furnishings to make it possible. And there's where donors and community supporters come in.

By making a donation to the Wellness Centre, you can have a lasting impact in creating a space that will serve generations of students to come ... a legacy investment in supporting the physical and emotional well-being of New Westminster students and families.

What might your donation be put toward?

- Building private rooms for students to have confidential conversations with care providers.
- An examination table and room for a nurse practitioner or other health professional to use.

- Furniture for an open lounge or gathering space: this may be used by students waiting for care, those who want to pick up pamphlets or other reference materials, or for parents and community members coming in for workshops.
- Outfit the spaces and resources to support non-profit partners who are interested in using the space to deliver their complimentary programs.

Our goal:

In order to make this space a reality, we're currently estimating this will cost \$250,000!

Recognition:

We need you and your support to meet this goal. In recognition of the invaluable support you may be able to give, we will acknowledge our appreciation for your donation in the following way.

Donor Title	Donation amount	Thank you and tax receipt	Acknowledgement on the donor website for 1 year	Named at opening event	Named on permanent signage inside the Wellness Centre, with level of support indicated
Platinum*	\$100,000 +	Y	Y	Y	Y
Gold	\$50,000 - \$99,999	Y	Y	Y	Y
Silver	\$25,000 - \$49,999	Y	Y	Y	Y
Bronze	\$10,000- \$24,999	Y	Y	Y	Y
Community Champion	\$5,000 - \$9,999	Y	Y	Y	
Community partner	\$1,000 - \$4,999	Y	Y		
Wellness supporter	\$20 - \$999	Y			

**Alternate or additional forms of recognition may be possible for donors at a Platinum level ... and would be part of any conversation with the New Westminster Schools team.*

Connect with us:

If you or the organization you're working for are interested in supporting this innovative and lasting community investment, please connect with us. We'd love to talk!

Donations can be made directly here*:

<https://newwestschools.schoolcashonline.com/Fee/Details/3373/166/false/true>

*In the Fund Destination Field, please pick "Wellness Centre" to target your donation

Questions? Want to find out more?

Contact Associate Superintendent Maryam Naser at mnaser@sd40.bc.ca or 604.517.6160