

Bedford Road Collegiate Tree of Belonging



Back row: Jen Dupuis, faculty; Katrina Guest

Front row: Jodi Johnson, Jackie Kiew-Gaco, Allison Jalbert, Bailey Wells and Chelsea Sveinbjornson

We are fourth year nursing students from the Saskatchewan Collaborative Bachelor of Science in Nursing (SCBScN) program practicing our CNUR 401 Population Health and Community Partnerships clinical rotation at Bedford Road Collegiate. During our windshield survey of the community, we identified mental health as a challenge at Bedford Road Collegiate. Counselors and teachers have continuously identified the grade nine students at Bedford as the vulnerable group due to their recent transition from elementary school to high school. Based on this finding, we generated a tree of belonging activity aimed at positive mental health for the grade nine students at Bedford Road Collegiate. This interactive activity incorporated theory about mental health and the tree itself signified family and protection. The structure of a tree was also used because it relates directly to the SCBScN conceptual framework that is in the shape of a tree. The roots of the tree served as a foundation for the students and incorporated key words that Bedford has highlighted in their school. The key words are commitment, tradition, pride, partnerships, and excellence. The branches of the tree signified the core concepts at Bedford, BRCI, which stand for belong, respect, care, and inspire. Students were asked to write or draw what 'belonging' meant to them and they were able to express their emotions through art therapy. The end product was displayed in the commons area of the school for all students, staff, and visitors to see. Through this activity we created a supportive environment to display that the grade nine students were welcomed and accepted at Bedford Road Collegiate as a family.

Project leaders – Allison Jalbert and Bailey Wells

Project support – Chelsea Sveinbjornson, Jackie Kiew-Gaco, Katrina Guest and Jodi Johnson