

Student Well-being: A Collective Responsibility

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Classroom Community

HANNAH ALPER: I think that it's really talking about mental health. The only way that we can talk about issues is to talk about the solutions. We need to talk about mental health more in society and more in the classroom, because when we talk about mental health, we do provide a more assay for space, because when we talk about it, people can see that it's okay not to be okay. And then when people talk about it, they can go to someone and talk about it, because they know that it's okay. I think talking about it is something that's so important, and will foster such a sense of well-being in people, because they know that they have a community around them, a welcoming and understanding community that they can go to whenever they're struggling, and whenever they feel sad or depressed, and their well-being is at stake. And I think that that's something that's so important. It really does foster well-being into students.

And I think it's also about really making a difference and taking action on any issue that your class or our students are passionate about; whether it's truth or reconciliation or the environment or spreading kindness, initiative and launching new initiatives at your school could really foster this sense of community. I know that when I launched campaigns at my school, whether it was to collect pennies to provide access to clean water to kids like me in Kenya, or food drives, our school came together for the greater good. And I just felt the sense of community and comfortability.