

# Sheridan's Community Wellness Strategy:

*A proposed plan for healthy, inclusive campuses*

Sheridan

November 8, 2019  
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The Sheridan community cares deeply about health and wellness. We want our campuses to be supportive spaces that foster everyone’s mental, physical and social well-being — opening up boundless opportunities for learning, engagement and innovation to flourish.

That’s why fostering campus wellness is a key element in our new Strategic Plan — *Sheridan 2024: Galvanizing Education for a Complex World*. In support of the goals outlined in our new plan, Sheridan is embarking on an institution-wide wellness strategy – one that will propel vibrant campuses across Sheridan grounded in the key principles outlined in the Okanagan Charter.

In keeping with the Okanagan Charter, our new wellness strategy will be developed in close collaboration with our Sheridan community. The strategic priorities outlined in this document are the result of feedback collected over the last two years from Sheridan students and employees and a review of current best practices.

# What does wellness *really* mean?

Wellness refers to more than physical health. On a holistic level, wellness is commonly viewed as having seven dimensions (physical, emotional, intellectual, social, spiritual, environmental and occupational), each of which contributes to a personal sense of total well-being and quality of life. According to best practices for postsecondary institutions laid out in the Okanagan Charter, it is critical to “embed health into all aspects of campus culture, across the administration, operations and academic mandates.”

To receive this document in an accessible format, please contact: [marketinginfo@sheridancollege.ca](mailto:marketinginfo@sheridancollege.ca)

#### Land Acknowledgment Statement

Sheridan acknowledges that all of its campuses reside on land that for thousands of years before us was the traditional Territory of the Mississaugas of the Credit First Nation, Anishinaabe Nation, Huron-Wendat and the Haudenosaunee Confederacy. It is our collective responsibility to honour and respect those who have gone before us, those who are here, and those who have yet to come. We are grateful for the opportunity to be working on this land.

# The vision for wellness at Sheridan

Sheridan will take a proactive, holistic approach to wellness that considers all aspects of our community's well-being. Wellness will be systematically embedded into our policies and procedures, the built environment, campus culture, learning opportunities and services. Working together, we will cultivate healthy campuses where everyone has the tools and support to succeed.

## Our strategic priorities

*Sheridan's draft strategy is focused on developing key objectives that align with the following four priorities:*



**Design and commit to an inclusive, holistic approach to wellness, and ensure all policy, procedures and plans account for their impact on health and wellness.**

We will work with our community to establish a guiding framework for wellness at Sheridan – one that responds to the physical, social and mental well-being of our students and employees. This framework will align with the best practices laid out in the Okanagan Charter, which challenges institutions to embed wellness into all elements of campus culture, academics and operations. Our framework will account for the interconnection and mutually reinforcing linkages between wellness, equity, diversity and inclusion. Most importantly, our guiding framework will be shaped in close consultation with our students, and employees – to ensure it is distinctly Sheridan.



**Ensure our campuses promote wellness through natural, cultural and built environments that support everyone's success.**

Sheridan's campuses are places where imagination and collaboration thrive. A new Campus Master Plan is currently in development to guide the evolution of our locations over the next 30 years. We will ensure that they will promote physical, mental and social well-being over time – taking into consideration each campus's unique culture, surrounding community and the built environment. We will work with campus partners to foster a culture where everyone feels welcome and empowered to succeed.



**Equip everyone at Sheridan with wellness knowledge and tools, and engage them in nurturing a healthy community.**

We will create opportunities for every member of the Sheridan community to advance their knowledge of wellness, including developing foundational wellness competencies. These tools will encompass an understanding of equity, diversity and inclusion and the role they play in creating healthy campus communities. Wellness knowledge will become part of our students' journey at Sheridan, and will be integrated throughout our teaching and learning practices. Student and employee-led initiatives that foster wellness on campus will be encouraged and supported.



**Enhance the health and wellness services we provide to both students and employees, ensuring they are inclusive, accessible and proactively foster our community's well-being.**

Sheridan offers our community a range of wellness services. We will further develop these offerings and make them more visible, easy to access and inclusive. New initiatives will enhance opportunities for supportive social connections between peers and colleagues, helping everyone enjoy a healthy environment to work and study.

# Next steps

## *We need your input!*

Our community's voice is central to the development and success of our wellness strategy. We need your help to develop actionable, effective tactics in each of these areas of support – and ensure we're on the right track!

Stay tuned for a series of community consultations from Fall 2019 to Winter 2020, when employees and students will be invited to provide feedback on the proposed strategy. This input will then inform the final three-year strategy document, which will include objectives, tactics and key operational leads.

*For updates and opportunities to get involved, please visit:*

[wellness.sheridancollege.ca](http://wellness.sheridancollege.ca)

In the meantime, please direct questions and feedback to:

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