

The Nest

Connection Wellness Guidance



Expand your wings. Learn new things. Fly as high as you can!

Welcome to our new home!

The Nest is an integrated, school-based wellness and mental health area. The staff team consists of our school counsellor, school and behavioural support leads and an AHS mental health counsellor. The goal of The Nest is to provide students with the support and strategies that they will require to maintain their physical and mental well-being.

1

NUTRITION

Ensuring students have the proper fuel to stay present and focus on learning.

2

CONNECTION

Creating a community where everyone feels safe, seen, heard, supported, significant and cared for.

3

GUIDANCE

Providing access to behavioural, academic and mental health supports.



Get Involved!

Nutrition Program:

We are seeking donations for our breakfast and lunch club. Please contact us for a list of items.

Student Groups:

Board games, games tables, musical instruments, old gaming consoles and craft supplies would be greatly appreciated!

Contact Us:

Navjeet Bourgeois
(navjeet.bourgeois@sturgeon.ab.ca) or
Savanah Bosch
(savanah.bosch@sturgeon.ab.ca) or call
825-349-0021

Monetary donations can be made out to Four Winds Public School.