

Sheridan College's Adoption and Commitments to the Okanagan Charter

Founded in 1967, Sheridan has grown from a local college of 400 students to one of Ontario's leading postsecondary institutions, educating approximately 23,000 full-time and 20,000 continuing and part-time studies students every year, on three campuses in Brampton, Mississauga and Oakville. An award-winning institution, Sheridan attracts students from across Canada and around the world.

The Sheridan community cares deeply about health and wellness. We want our campuses to be supportive spaces that foster everyone's 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 Strategic Plan — *Sheridan 2024: Galvanizing Education for a Complex World*. In support of the goals outlined in our plan, Sheridan has developed and launched *Sheridan Wellness: Our Strategy for Community Well-being*, a holistic plan, designed collaboratively with our students, faculty and staff. *Sheridan Wellness: Our Strategy for Community Well-being* will serve as a roadmap as we develop and embed practices across Sheridan that address all eight dimensions of wellness: physical, emotional, intellectual, social, spiritual, environmental, occupational and financial.

On behalf of Sheridan, I am delighted to affirm our commitment to adopt and uphold the Okanagan Charter as a key component of *Sheridan Wellness: Our Strategy for Community Well-being*.

Guided by the principles in the Okanagan Charter, *Sheridan Wellness: Our Strategy for Community Well-being* rests upon the following four pillars:

- **Whole Systems Approach:** The voice of the Sheridan community is central to the development and implementation of a healthy campus model, and we'll ensure that frameworks for governance, policy and procedure are aligned with our wellness commitment.
- **Healthy, Supportive Environments:** Each of our campuses is distinctive in its built, natural and cultural environments, which have impacts on physical, mental and social well-being. Sheridan's new Campus Master Plan was developed with these unique qualities in mind, and will guide current and future developments through a wellness lens.
- **Promoting Lifelong Wellness:** We will build wellness competencies and knowledge among students, faculty and staff, aided by a comprehensive communications strategy that engages, empowers and educates our community.
- **Inclusive Wellness Services:** We'll continue to offer and expand a spectrum of services to support the student/employee lifecycle, and collaborate with our local communities to enhance access to external wellness services.



Janet Morrison, PhD
President and Vice Chancellor
Sheridan College

January 15, 2021

Date