

MENTAL HEALTH WEEK



All stakeholders create a culture of learning so that students come first.

As many of you are already aware Mental Health Week is quickly approaching. The week which is shared with Education Week runs this year from May 7th to 11th. Although this week is highlighted as a week to promote mental health it is important to realize that we support mental health promotion throughout the entire school year. Please do not feel stressed or pressured to fill your entire week with various mental health events and initiatives. Feel free to highlight mental health during the week, throughout the month of May, in June and take pride in the fact the KPDSB does an amazing job at promoting mental health year round!

This newsletter is intended to provide you with ideas that can be implemented throughout the first week of May or any time you like!

Speak to your Mental Health Champion, Administrator or high school student reps from the Jack Chapters at BBSS, DHS, Ignace, QE and RLDH for resources and ideas to promote mental health.

[Bounce Back Again 2nd Edition](#)

[Bounce Back Supplementary Resource](#)

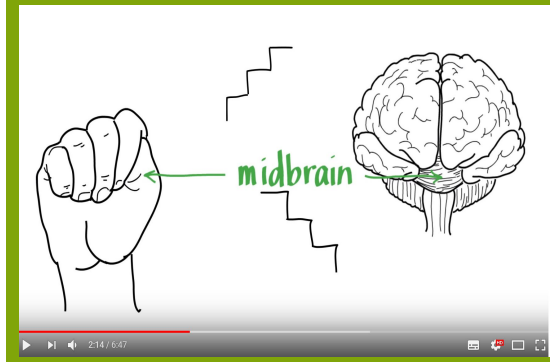
[Kids Help Phone Resources](#)

[Children's Mental Health Ontario](#)

[Resources for Students, Parents and Staff KPDSB Website](#)

Why Do We Lose Control?

[Click here](#) or on the picture below for an excellent video to help elementary students understand the connection between their brain and their emotions. Understanding and teaching how the brain works is an excellent trauma informed strategy:



MENTAL HEALTH CHAMPIONS

Check your google drive for resources to help support mental health!!

KidsHelpPhone Cards are on there way!



Don't forget all Mental Health Newsletters are located on our KPDSB website. [Click](#) to access the 2016-2017 newsletter for Mental Health week for more information.



mindyourmind
reach out get help give help

Mental Health Online

Free Resources for Learning and Living Well During Mental Health Week & Every Week...

If you...	Then...
<ul style="list-style-type: none"> <input type="checkbox"/> Are curious about mental health <input type="checkbox"/> Ask yourself “<i>what exactly is mental health?</i>” <input type="checkbox"/> Need a simple, creative way to introduce the topic of mental health to others <input type="checkbox"/> Want to generate dialogue and discussion about mental health <input type="checkbox"/> Have six minutes to spare 	<p>Watch this innovative and educational video:</p> <p>Promoting Mental Health: Finding a Shared Language from the Centre for Addiction & Mental Health (CAMH):</p> <p>https://vimeo.com/130580621</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Crave inspiration <input type="checkbox"/> Need self-help ideas <input type="checkbox"/> Want to know why kindness and compassion matter <input type="checkbox"/> Want to know how to “<i>be the change you want to see in the world</i>” <input type="checkbox"/> Want to inspire others 	<p>Watch and share this six minute video:</p> <p>Josh Opening Doors and Hearts: https://www.youtube.com/watch?v=PIHtuKc3Gjg</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Enjoy a good Ted Talk <input type="checkbox"/> Question if success has to come at the expense of happiness <input type="checkbox"/> Want to know how to cultivate happiness in your work <input type="checkbox"/> Like some humour with your learning 	<p>View Shawn Achor’s popular 12 minute Ted Talk:</p> <p>https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Need mental health week ideas and activities for the classroom or the school <input type="checkbox"/> Need <i>every day</i> mental health and wellness ideas for the classroom or school <input type="checkbox"/> Want to help foster resilience in children and youth 	<p>Download the Bounce Back (K-12) Activity Booklet (2nd Edition):</p> <p>https://www.healthunit.com/bounce-back</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Are a parent or teacher <input type="checkbox"/> Are concerned about child stress and anxiety <input type="checkbox"/> Want to learn how to help foster healthy coping skills in children/youth <input type="checkbox"/> Want credible, reliable information from experts on child development and mental health 	<p>Check out this website :</p> <p>http://psychologyfoundation.org/</p> <p>(Includes Kids Have Stress Too Series and Stress Lessons Toolkit –lesson plans, activity sheets, youtube videos)</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Are young and interested in mental health <input type="checkbox"/> Want coping tips for managing <i>big feelings</i> <input type="checkbox"/> Like websites and phone apps designed for youth by youth <input type="checkbox"/> Want to know where to direct youth on-line 	<p>Check-out these websites and apps...</p> <p>https://www.anxietybc.com/</p> <p>https://kidshelpline.ca/</p> <p>https://www.mindyourmind.ca/</p> <p>BeSafe Mindshift</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>