

Getting started, with a Big Welcome Back

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

Welcome back everyone, and thank-you for a great start to the 2018-2019 school year. We are well on our way to a fantastic school year!

This being our third year of the 2016-2019 Mental Health and Addictions Strategic Plan, we kick off this work by announcing the expansion of the the Mental Health Lead role. As many of you know, Larae Harbour has joined the board and is partnering with Candice Kerkermeier as the KPDSB Mental Health Co-Lead.

Candice and Larae will work together to address the three main goals of the Mental Health and Addictions Strategic Plan

2016-2019 Mental Health and Addictions Strategic Plan

1. Building Organizational Mental Health & Well-Being Structure
2. Increasing Mental Health Literacy
3. Changing Classroom Climate

We will be soliciting feedback from all staff regarding revisions and updates to the 2019-2022 Strategic Plan. Stay tuned for more details from your Mental Health Champions.

**Please see the full strategic plan under the "Mental Health" tab on the KPDSB.ON.CA website*

Spotlights are on your Mental Health Leads!



Larae Harbour (they/them/he/him) recently relocated from Toronto where they worked leading mental health initiatives with Jack.org. They are super excited about joining the KPDSB and helping build capacity for increasing positive mental health and well-being. Larae is also stoked to join the ranks of Sioux Lookout's finest ice fishers.

Candice Kerkermeier (she/her) is thrilled to have a new teammate to collaborate with and continue the work of leading mentally healthy schools. She is also totally motivated to help Larae experience all the joys of northern living, even the 40 below weather!

Looking for mental health resources? Speak to your school assigned mental health champions and/or school administrator. Champions have access to a google drive folder where new resources are continuously being uploaded.

Have something to share? Favourite MH resource, items related to staff mental health or DPA testimony? Share with your school's Mental Health Champion or email us:

larae.harbour@kpdsb.on.ca

candice.kerkermeier@kpdsb.on.ca

Taking Action



Join us in Leading Mentally Healthy Schools by taking action!

Learn. By visiting the Mental Health tabs at KPDSB.on.ca, you will find the KPDSB's Mental Health and Addictions Strategic Plan, as well as additional action items embedded within the strategic plan. You will also find resources to support student, family and staff mental health.

Train. Consider learning the skills to respond to a student in extreme distress and/or at risk of suicide. We are continuing to ensure that 1-2 staff at each school have received Applied Suicide Intervention Skills Training (ASIST). We will also have our new ASIST trainer Sheri Blake offering two day sessions throughout the year. If you are interested in suicide intervention training please talk with your school principal.

Play. Your daily physical activity is a chance to get moving and loosen up the strains of stress. Use your commitment to DPA to promote positive mental health and encourage your colleagues to do the same.

Congratulations to the following locations for 80% or higher staff participation on the **Daily Physical Activity Pilot**

- Beaver Brae Secondary School
- Crolancia Public School
- Dryden High School
- Evergreen Public School
- Golden Learning Centre
- Ignace Public School
- King George VI Public School
- Keewatin Public School
- Lillian Berg Public School
- New Prospect Public School
- Open Roads Public School
- Sioux North High School
- Red Lake District High School
- Red Lake-Madsen Public School
- Savant Lake Public School
- Sioux Mountain Public School
- Kenora Board Office
- Dryden Board Office
- Adult Education



Spotlight on DPA!

"I try to exercise everyday but what I like about DPA is the explicit promotion of mental health and wellness from my employer. I also like that it encourages staff comradery; we really do come together as a group invested in one another's wellness."

- Sarah Flowers, SNHS

