

Mental Health and Wellness Newsletter

January, 2017

Wellness Week



Resilience from FAITH, in Action!

January 23 to 27th is Wellness Week

We are thrilled to introduce a Wellness Week which focuses on the Virtues and how they encourage resilience in our students! Physical activity is an important component of wellness and for that reason there are also active community building activities! All of the morning announcement prayers and activities are focused on Virtues –

Faith, Hope and Love, Prudence, Justice & Forgiveness, Temperance and Fortitude.

We look forward to a week full of prayer. Tony Cosentino reflected while working on this week about what Mother Teresa often said “Prayer builds faith, faith builds love, love builds action.”

This week was created by Rick Klatt, Tony Cosentino and with help from Angela Watson following the recommendation of the Mental Health Steering Committee. Resilience activities were adapted from the *Mental Health and Wellness* and *Who I Am* curricula created by dedicated RCCDSB teachers for the EOCCC.

January 25th is Bell’s Let’s Talk about Mental Health Day. Call or text on that day to support mental health initiatives.

Congratulations to the students and teacher below for being awarded a Dare to Dream grant for their Paint Night Idea from Ontario Center of Excellence for Mental Health.



Self-Regulation is ...

Try reflecting on your own student at home – self-regulation doesn’t just happen in the classroom and parents are the most important adults in a child’s life. Think about if your child can moderate strong emotions, if they have a natural curiosity and are they able to set goals? Try a self-regulation assessment for your child at home from [this link. goo.gl/PCNr1x](http://this.link.goo.gl/PCNr1x)

Self-Reg is a book for parents on how to support children with self-regulation by Stuart Shanker. Thanks to Katherine McLaughlin and Lynn Denault for the recommendation – a worthwhile read for any parent!

Teachers note that there will be self-regulation handouts, posters and more information left in staff rooms as Sandy Brennan and Rebecca Paulsen stop by. For a sneak peek you can visit [this link. http://self-reg.ca/toolkit/](http://self-reg.ca/toolkit/)



Reduce Stress by Increasing Self-Regulation!

Self-Regulation is the ability to manage energy states, emotions, behaviours, and attention in ways that maintain good relationships, enhance learning and improve general wellness. When the stress is too great, we are unable to learn, so it is essential that we find effective strategies how to keep our child’s stress – and our own – in a manageable range.

There are 5 critical steps parents can take to address these issues and help children return to calm.

1. **Read the signs and reframe the behaviour** –eg. ‘You have too much energy!’
2. **Recognize the stressors** – ask yourself ‘What is it that is adding stress to your child?’ Think about sleep, diet, physical activity, too much noise and the like.
3. **Reduce the stress** – ask ‘What can I do to change the environment or the situation?’
4. **Reflect** – Watch the behaviour – has it changed? Has it improved?
5. **Respond** – What else needs to be done?

All info adapted from Stuart Shanker - Learn more at:

<https://self-reg.ca/self-reg/>

Thanks to Elizabeth Burchat and Lynn Denault for the self-reg suggestion.

Mental Health Walk-in Clinics:

Phoenix Centre 613-735-2374

Pembroke – Tue. 2-6pm

Petawawa – Wed. 2-6pm every

Renfrew – Thurs. 2-6pm

Arnprior – Wed. 2-6pm bi weekly

Robbie Dean Centre 613-433-4231

Pembroke – Wed. 3-7 pm

Eganville – Mon. 1-5 pm

Renfrew – Thurs. 3-7 pm

Petawawa – Tues. by appt.

Arnprior – by appt.