

# Mental Health and Wellness Newsletter

November, 2016

## Community Events

***Moving on Mental Health*** – Five meetings for parents to voice their opinion on children’s mental health services on November 15-16. You can choose the location and time most convenient to you. All meetings are being facilitated by The Ontario Centre of Excellence for Child and Youth Mental Health; Parents’ Lifelines of Eastern Ontario, Parents for Children’s Mental Health and the Phoenix Centre. Please see attached for full details.

A big thank you to the teachers and students that represented RCCDSB at Amplify.



## Teachers and Students

[3 Ways to Celebrate Mistakes](#) – Jo Boaler gives 3 strategies to enjoy mistakes and encourage learning in the classroom, and also in the home.

[Practicing Process Praise](#) – This is a technique for parents to use at home to reinforce praising the process of learning rather than just the outcome such as the test mark. As a parent you can use this page to test your knowledge on the latest information on praise – the type of praise that supports a growth mindset.

[Belonging in the Classroom](#) – This seven-part course (still in development) for teachers is aimed at helping to create a sense of belonging in students of all ages.

[Just Breathe](#) - a great description by children of what happens when you get angry with a visual connection to glitter bottles. You may find it helpful to show the video at home to talk about anger.

## Introducing Christian Meditation!

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Christian Meditation is a return to contemplative roots. Christian Meditation is about standing in the quiet of the heart and meeting God there. It involves descending beneath the noise of our chattering minds, our aches, pains and emotions to a place of deep encounter with God. Here is a link to the Christian Meditation book adapted by Tony Cosentino, the Religious and family life teacher.

This resource will also be available PINK week (Peaceful, Inclusive, Noble and Kind) to supplement the Peace day.

This is a wonderful practice to bring into the home and try as a family.

### *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.*