

# Mental Health and Wellness Newsletter



## Community Events



**Mardi Gras Fundraising Gala** – proceeds support the 'I Can Play Too' Fund February 4<sup>th</sup> – to get tickets call 613-735-6866 ext. 4041



## Thank you for a Joyful Wellness Week!

Thank you to all schools for focusing on Wellness through Virtues. Here are a few, but certainly far from all, highlights from the week. Here are a few pictures of community building activities at St. John Bosco with prayers being led by Student Council. At Our Lady of Fatima, Rick Klatt led an all-grades community building morning in the gym. Many other schools took part in Christian Meditation exercises. Thank you to Holy Name and Tony Cosentino for adding an Opening Prayer Service to the resources. Thanks to St. Thomas the Apostle school for pictures as well as bringing the activities for teachers to experience at a staff meeting. Please share any ideas or comments for next year. If teachers have any lessons they use connected to virtues please share as well.



## Diversity and Belonging

- Take [this short quiz](https://goo.gl/BrzpOq) on belonging to think about how to best connect with all children from every diverse background. (<https://goo.gl/BrzpOq>)
- [Multiculturalism and Diversity](https://goo.gl/hcIIvm) – Series of lesson plans, activities and professional articles from Scholastic on fostering diversity and multiculturalism in the classroom. (<https://goo.gl/hcIIvm>)
- [As Diversity Grows, So Must We](https://goo.gl/oJXift) – article from Educational Leadership magazine on growing with schools' diversity needs, proposing several phases, including establishing trust, learning more about our own cultures, and fostering a year-round commitment to cultural awareness and sensitivity. (<https://goo.gl/oJXift>)



## Cultural Diversity



How can we help children think about the world and diversity?

Here are five ways to celebrate diversity and inclusion.

- 5) **Learn more about your own culture** – know your history and your family culture
- 4) **Get a world map** - help your children think about other cultures and countries
- 3) **Encourage questions** – questions help us explore new ideas
- 2) **When talking about difference, begin with what makes us all the same** – everyone needs shelter, food, friendship and love
- 1) **Take a stand against cultural insensitivity** – the most powerful message you can give your child is through your own actions

Taken from <https://goo.gl/TLZdsH> and <https://goo.gl/sxuHBS>

### Mental Health Walk-in Clinics:

- Phoenix Centre 613-735-2374**  
Pembroke – Tue. 2-6pm  
Renfrew – Thurs. 2-6pm
- Robbie Dean Centre 613-433-4231**  
Pembroke – Wed. 5-9pm  
Renfrew – Thurs. 5-9pm  
Petawawa – Tues. 1-5 pm  
Arnrior – Mon. 1-5 pm