

Mental Health and Wellness Newsletter

April 2019

Kindness Counts



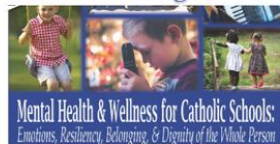
Enjoy this classic video on kindness and an off shoot video created by students to help students remember how they can be kind to others – note you will need to login to facebook to view the video.



We had a mental health first aid training. Here are some questions that are supported by the mental health training. Click on the link to test your skills.
<https://forms.gle/sLcqiwaAwrgxFVka7>

Mental health and Wellness material Kinder to grade 8!

Click on the picture to view the NEW material! Thanks to Ruth McNulty for the material as well as Anne Marie Landon and Lisa Prescott
<https://goo.gl/zyQSmD>



What do Teachers do every day to keep 20 children focused and learning?
Here are some classroom management tips that work well in the home as well!

1 – when, then – (when you have put up your coat and boots, then you can grab your snack)

2 – Counting down – during a transition, try to slowly count backwards from 10 to let them know when the activity will end and then next will begin

3 – proximity – by being closer to

4 – relationship – focusing on relationship and how children are feeling before asking for a task to be completed

5 – say “thanks for helping” – Dora is a beloved show that invites children to help in easy tasks

6 – job chart – let children take ownership - jobs might include being the boot manager, the vacuume manager or the laundry folding expert.

7 – pointing out the positive – what behaviour do you want to see more of and can you point to it. An example would be coming to the dinner table and sitting down in your seat – rather than chastise students who are not coming as quickly, consider loudly noticing another child who is sitting nicely waiting

Mental Health Walk-in Clinics

Phoenix & ATS 613-735-2374 → Pembroke – Tue. 2-6 pm || Renfrew – Thurs. 2-6 pm || Arnprior – Wed. 2-7pm || Petawawa – Wed. 2-6 pm

Robbie Dean Centre 613-433-4231 → Pembroke – Wed. 3-7pm |

Renfrew – 3-7pm || Petawawa – Tues. 1-5 pm || Arnprior – Mon. 3-7 pm || Eganville – Mon. 1-5pm

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