

# Mental Health and Wellness Newsletter

## Warmth, Hospitality, Good Humor and Joy

The theme for this year celebrates how we build community and allows us to shine a spotlight on the *smiles* students see when they walk in the door, to know that they are *important* and needed in the school community and the *laughter* and *fun* that is an essential part of learning.

 **Purple Ribbon Campaign** – There are many events happening this month in support of keeping children safe. There are free events throughout the month. Visit  <https://goo.gl/Jthhi2> for more information

**OCTOBER 24** – is wear **PURPLE Day**. Remember that the class that wear the most purple can send a picture in and may win a pizza lunch.



## Orange Shirt Day - September 29

was designed to commemorate the residential school experience, to witness and honour the healing journey of the survivors and their families, and to commit to the ongoing process of reconciliation. Please wear **orange** on September 29th

### New Walk-In Clinic at PMFRC

A new walk-in clinic has been piloted in Petawawa over the summer and will continue into the school year for military families. This runs every second *Wednesday* from 4:00 - 8:00pm. (613) 687-7587

### 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

**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.

## Community and Belonging



As we look deeper into community building, a sense of belonging has been found to help **protect** children against mental health problems and **improve** their learning. Children who feel that they belong are happier, more relaxed and have fewer behavioural problems. They are also more successful learners.

**Belonging at School** – Encouraging a student to **join a school group**, helping them to **create a friend group**, and especially giving students time to connect with other students in their class can be powerful. It's also important that students get the message at home and at school that **learning is important** and what they are doing at school is **valuable**. Attendance itself is often overlooked, but children who have fewer absences feel the most connected to the school and to their friends.

**Belonging in the Community** – Being a member of a **church community** can help adults and students feel connected. Encouraging a student to **join a sport** or after school program can have tremendous benefits. Jumpstart is a program that helps some families with financial support to try a sport. Here is the link:



According to research, students who feel they belong to a community that is **kind** are more likely to be mentally healthy. A focus on **helping others, acts of kindness, volunteering** and participating in **food drives** are all key components of creating a kind community. The more we can help students to volunteer the better!

Thanks to Clint Young for this information adapted from:  
<https://goo.gl/UEj5zm>  
<https://goo.gl/CDs1QW>