

# Mental Health and Wellness Newsletter

"Spending time just talking" is the parental activity most frequently and most strongly associated with students' happiness.

## "Warmth, Hospitality, Good Humor and Joy"

For child psychiatrist Dr. Jean Clinton, when it comes to child and youth development, "relationships are at the heart of the matter." This year, the board has adopted a focus on "warmth, hospitality, good humour and joy," and relationships between students and staff and educators are key to that focus. In a recent article in *Principal Connection*<sup>1</sup>, Clinton says that "every child deserves at least one adult whose eyes light up when they walk into the room," emphasizing the power of a smile, a warm welcome and a child having someone who listens to and believes in them.

- *Principal Connection* 2017 Volume 21

The Moving on Mental Health Plan has been created and the Lead Mental Health Agency would like your feedback! Please [follow this link](https://goo.gl/S6FxKb) (goo.gl/S6FxKb) to read the plan and then select a survey to let your voice be heard.

[Parent Survey](https://goo.gl/pjEeer) – [Practitioner Survey](https://goo.gl/8x1PTv) – [Student Survey](https://goo.gl/nQxsjU)  
(goo.gl/pjEeer) (goo.gl/8x1PTv) (goo.gl/nQxsjU)

## Self-Regulation Resources

In a recent article, self-regulation specialist Stuart Shanker calls the student-teacher relationship "the linchpin of student performance," and examines the importance of "Self-Reg" on the overall school atmosphere.

Shanker's MEHRIT Center offers a variety of free Self-Reg tools. [Follow this link to check them out.](https://goo.gl/MvJv7W) (goo.gl/MvJv7W)

[GoNoodle.com](https://www.gonoodle.com) also has a selection of self-regulation tools available, and another great resource is [CHEO's Mind Masters 2](https://www.cheo.ca/cheosmind) (goo.gl/sSBebt). Don't forget to check out [Zones of Regulation!](https://www.cheo.ca/zonesofregulation) (goo.gl/pQ7tpx)

## What Helps Students Most with School?

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The Programme for International Student Assessment (PISA) is known for discovering sometimes surprising data on learning outcomes. For instance, educators often point to testing overload as a natural source of student anxiety, but the data show otherwise.

The study actually found that positive student-teacher relationships had a significant impact, and adolescents who felt like they were a part of a community at school were more likely to perform better academically and be more motivated overall at school.

Parents can have a big impact too, especially by:

- Spending time 'just talking' with their children
- Eating the main meal with children around the table
- Discussing how school is going

In fact, children whose families engaged in these activities were 22-39% more likely to report high levels of satisfaction, and "spending time just talking" is the parental activity most frequently and most strongly associated with students' happiness and performance. Students who reported "just talking" with their parents were two-thirds of a school year ahead in science learning.

Adapted from Andreas Schleicher, *Principal Connections*, 2017 Volume 21

## Mental Health Walk-in Clinics

**Phoenix & ATS 613-735-2374** → Pembroke – Tue. 2-7 pm | | Renfrew – Thurs. 2-7 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