

# Mental Health and Wellness Newsletter



## Be the Hope of the future



According to Dr. Howard, there are several ways to support all our students in exuding leadership qualities in the classroom. Here are some classroom activities or videos to support students:

**Support Independent Deep Thinking** (information paper – link A below), grow **Social Emotional Learning Skills** (student video – link B below), have students **Problem Solve** (activity - link C below), **Enjoy Leadership Activities** often (activity – link D below) and have older students help younger students to foster a culture of caring.



Congratulations to all the classes that submitted bingo lines for the **January Wellness Month**. Your class will be notified if you were the winning class!



Homebased Health  
Employee and Family Assistance Program  
Counseling • Coaching • Support

Stress Strategies 1.800.663.1142

### 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 – Arnprior – Eganville – by appointment

## All of our Children are the Leaders of the future!

Isn't it exciting to think about **how each one of our students will lead the way in the future!**

How can we best support them to get ready for this important role of shaping the future? Children begin to see themselves as leaders just by having the **opportunity to make decisions, care for others, and be responsible** for important jobs. Even young children feel empowered by **helping others and making their own decisions**.

Top 4 Ideas to help your child be a leader:

### Develop Autonomy

Children should be allowed to make decisions, figure out how to solve problems and learn how to navigate social relationships with peers. Of course, parents should provide support in the background, but avoid too much rescuing according to Dr. Howard. Ask yourself "What could my child learn from this?" Encourage your child to do great things for others. The proudest parent moments are those where you see your little one has developed an internal moral compass.

### Give them Grit

To succeed as a leader, one must be able to work hard for things that are important. They need to set goals and experience the joy that comes with working diligently towards them. It can be beneficial to say no to an immediate want, to work on attaining a larger goal. Ask "Is this going to help them grow for the future?"

### Let Children Solve Their Own Problems

There's a certain self-sufficiency that comes with being a leader. Ask your child "What will you do to solve this problem?" Take the time to help them decide on the best solution. When parents solve their children's problems for them, children may have difficulty developing this critical ability.

### Practice Negotiating

Negotiation is a useful communication skill. Help your child understand your need in the situation and pick an appropriate use of the tool – an example may be reading 1 or 2 books before bed. You can ask "How many would you like? What would be reasonable? What do you think I might be thinking?" to help them get started.

Read more here:

<https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201903/how-turn-your-kids-leaders>  
<https://www.pbs.org/parents/thrive/how-to-raise-a-leader>