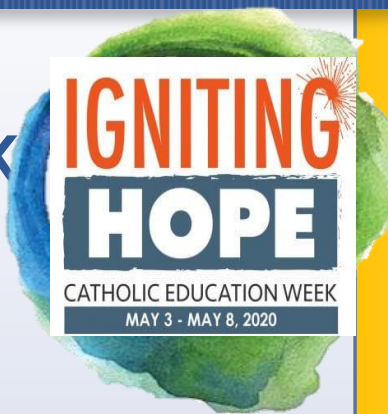


Mental Health and Wellness Newsletter



CATHOLIC EDUCATION WEEK Hope is Powerful for mental wellness



Staff Resource page: Covid-19 mental wellness for students!

Parents: Igniting hope during covid-19

Children benefit from **CALM**

Consider **relaxing standards** for what is appropriate for a world-wide pandemic. As parents, the goal is not to recreate an 8 hour school day. Consider a **routine similar to summer** with **educational time scheduled in** as works for you and your child.

CONNECTION

In stressful times, children will be protected **when they are connected**. Are there other relatives you can speak to online? We can think "My child is not giving me a hard time; they are having a hard time." Big emotions create stress behaviors – consider using empathy and lots of hugs during this emotional time.

HOPE

Pray together. Talk about what you will do together when things slowly open up again. Talk about fun things in the summer you are certain you will be able to do (eg. putting up a tent in grandma's back yard, sprinkler play).

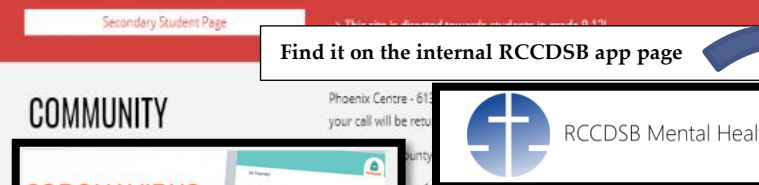


10 positive phrases

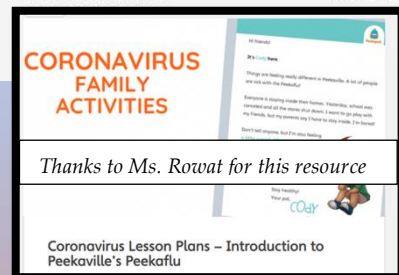
kids want to hear today:

- i love being your parent
 - you make me smile
 - your mistakes are fine with me
 - i know you can do it
 - i enjoy listening to your stories
 - i learned something from you today
 - i love watching you play
 - i'm proud of you
 - i love spending time with you
 - i think about you when we're apart
- katie hurley, LCSW & author of #nomore

Thanks to Ms. Bell, Ms. Brannan and entire Mental Health Team for this beautiful resource for staff to access.

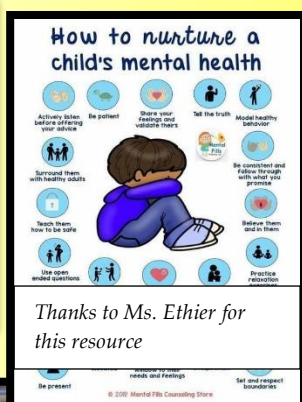


Find it on the internal RCCDSB app page



Thanks to Ms. Rowat for this resource

Coronavirus Lesson Plans – Introduction to Peekaville's Peekafu



Thanks to Ms. Ethier for this resource

3 CALMING Kids Help Phone activities for any age.



Superb expert video on children being health superheroes during covid-19

Mental Health Phone Walk-in Clinics

Phoenix 613-735-2374 → call this number during work hours and have a therapist return your call within the hour for a session.



Homebased Health Employee and Family Assistance Program
Counseling • Coaching • Support
1.800.663.1142

Adapted from :

https://greatergood.berkeley.edu/article/item/how_to_reduce_the_stress_of_homeschooling_on_everyone