Mental Health and Wellness Newsletter

JUNE

BE WELL – All summer long!

Thanks to Ms. Ethier for this resource

Parents: Covid-19 and summer

UPDATE ON RULES

Every day there seem to be new changes. As different sectors open up, let your child know how well Renfrew County is doing and how few cases we have. Try the activity.

PRAISE

Our children have done a wonderful job adapting to this once-in-a-lifetime event. Thank them for being so responsible and thoug others.

ENCOURAGE GRADUAL RESPONSIBILITY

As parks and local spots open up, you may want your child to be able to follow the current rules when they go outside. Ask them to tell you the rules and give small responsibility tasks for them to prove to you they can follow the rules.

CONSIDER SUMMER LEARNING

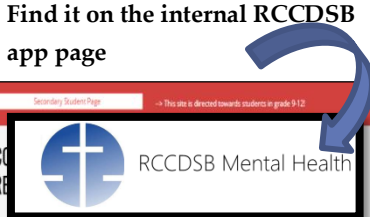
Look for learning opportunities during the summer especially any that create a learning routine. You can check with your school for more information on summer school.

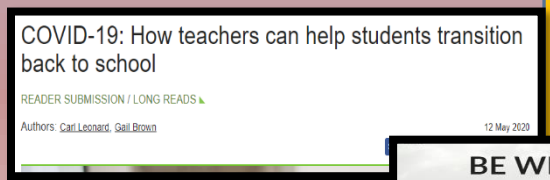
SCHEDULE FOR SCHOOL

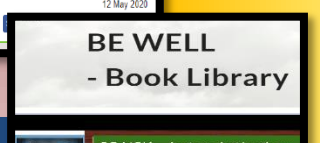
Start your return to school schedule at the beginning of August. Expect pushback and roll with resistance. Call your school if your child needs some help transitioning back.

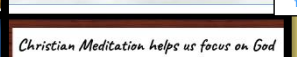
Teacher Resources – Click to be taken to the articles

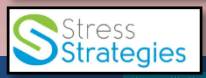
Find it on the internal RCCDSB app page











Information adapted from:

https://www.gse.harvard.edu/news/20/03/harvard-edcast-learning-loss-and-coronavirus

https://news.fiu.edu/2020/six-tips-to-survive-a-covid-19-summer-with-your-kids

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.*