



Mental Health and Wellness Update

WHERE TO TURN FOR HELP:

- [KIDS HELP PHONE](#)
TEXT 686868
CALL
1-800-668-6868
- [Children's Mental Health of Leeds and Grenville](#)
1-800-809-2494
- [Open Doors for Lanark Children & Youth](#)
1-877-232-8260
- [Cornwall Community Hospital SD&G](#)
1-844-361-6363
- [Child Youth and Family Crisis Line of Eastern Ontario](#)
1-877-377-7775
- [Valoris Prescott – Russell](#)
1-800-675-6168
- [LGBT Youth Line](#)
1-800-268-9688
TEXT 647-694-4275
- [Hope for Wellness Helpline](#)
Counselling and Crisis Intervention to Indigenous peoples across Canada
1-855-242-3310

February 2022

February 23, 2022 is [Pink Shirt Day](#). Circle the date on your calendars UCDSB with the biggest and brightest pink marker you have. Pink Shirt Day is a day to recognize inclusion and kindness in our schools and classrooms and to help promote anti-bullying initiatives. Understanding [what bullying is](#), and what [youth, parents and educators](#) can do to support others who are experiencing it is key. In February, we encourage you to open up some conversations about bullying and healthy relationships by trying some of the activities below, and of course, wear a pink shirt!

Family Day is Monday February 21! Schools are closed for the holiday. This day celebrates the significance of the family. Watch for our next Wellness Wednesday... we will share fun, family oriented, cost-friendly activities to do with your families.

Healthy Relationship Skills are at the core of building and sustaining mentally healthy classrooms. Ready to use lesson plans and practices are found [here](#).

5 Practices to try in February:

Pay It Forward Acts of Kindness and Empathy — To help students build empathy and compassion by noticing good qualities in others and reinforcing that kindness so that their peers feel valued.

Kindness Jar Acts of Kindness — To encourage kindness and respect in the classroom.

Networking Being a Good Friend—To invite students to extend their network of friends by including students with whom they do not usually interact.

Walking In Your Shoes Empathy—To help students become more understanding and compassionate towards others.

Purposeful Listening Listening Skills—To teach students to actively listen to each other, which helps them feel valued and understood.

