

Thrive in Community

September 2024

Supporting Mental Health and Well-Being



Welcome to the 2024-2025 School Year!

Welcome back to the start of another school year. September brings lots of new beginnings for many students. For Kindergarten students, it is a whole new experience of being in school; grade nines are embarking on their secondary journey; and many students are making connections in new classrooms and new schools. Do you remember starting school and the feelings of anticipation and excitement for the year? In this newsletter, we will continue to share information to support children and youth, provide resources for parents, highlight how schools are promoting wellness, and uplift spiritual care through the regular monthly features. We wish all of you a mentally healthy September and a whole year of wellness. Watch the video below from the Secondary Mental Health and Well-Being Champions to see how well-being is being implemented every day.



Back to School

Wellness Tips for Parents

Student Voice



Click here to check out more resources from the Champions



[DP.Champions](https://www.instagram.com/DP.Champions)

Prayer

Lord, we pray for a year of good health and success. May we each grow and develop in mind, body, and spirit. May we be granted the wisdom to maintain the proper balance in life and the prudence to make significant contributions to our school community. May we always be willing to make sacrifices that enable others to grow and that lead to the flourishing of this community. Lord, keep us humble and grateful as we strive to give our best to pave the way for a wonderful future. Amen



VIRTUE OF THE MONTH: FAITH



School Mental Health Ontario

Click on the resources below from School Mental Health Ontario to access the full version

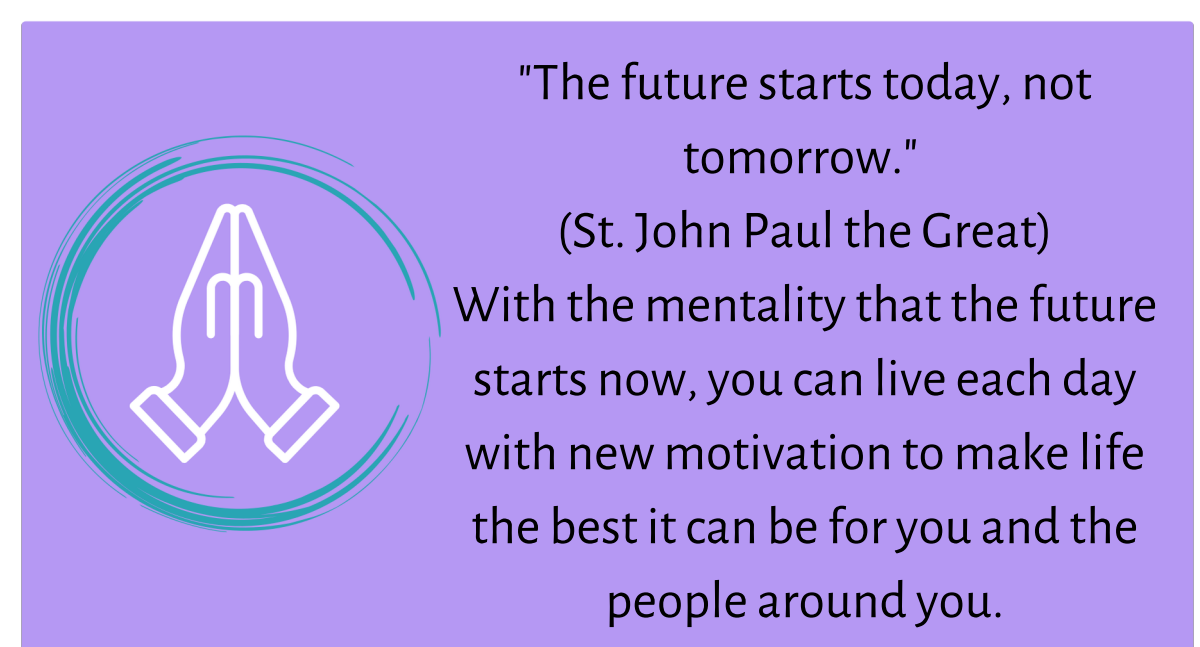
The transition back to class after a break can be challenging for some. Know that School Mental Health Ontario is here as a resource to help us support students as they navigate the ups and downs of school life.

While preparing for your child's return to school, it is important to consider the relationship your child has with digital technology, also referred to as "screen time." Read [Helping Your Child Manage Digital Technology](#) for tips on how to know and what to do if your child's screen time is problematic.

Ontario has a comprehensive and systematic multi-year School Mental Health Strategy that follows scientific research and responds to student needs and service trends. For an overview, read [SMH-ON School Mental Health Strategy, 2022-2025](#).



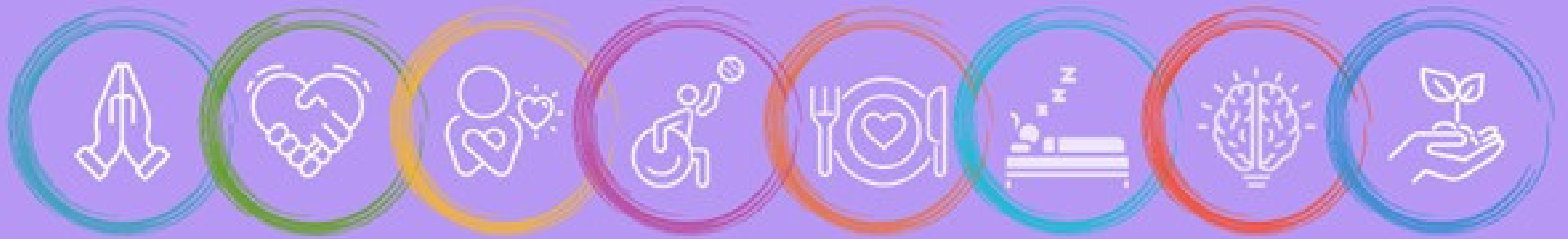
Helping Your Child Manage Digital Technology



Click on each icon to access more resources.



"If we love one another, God lives in us." (1 John 4:12)

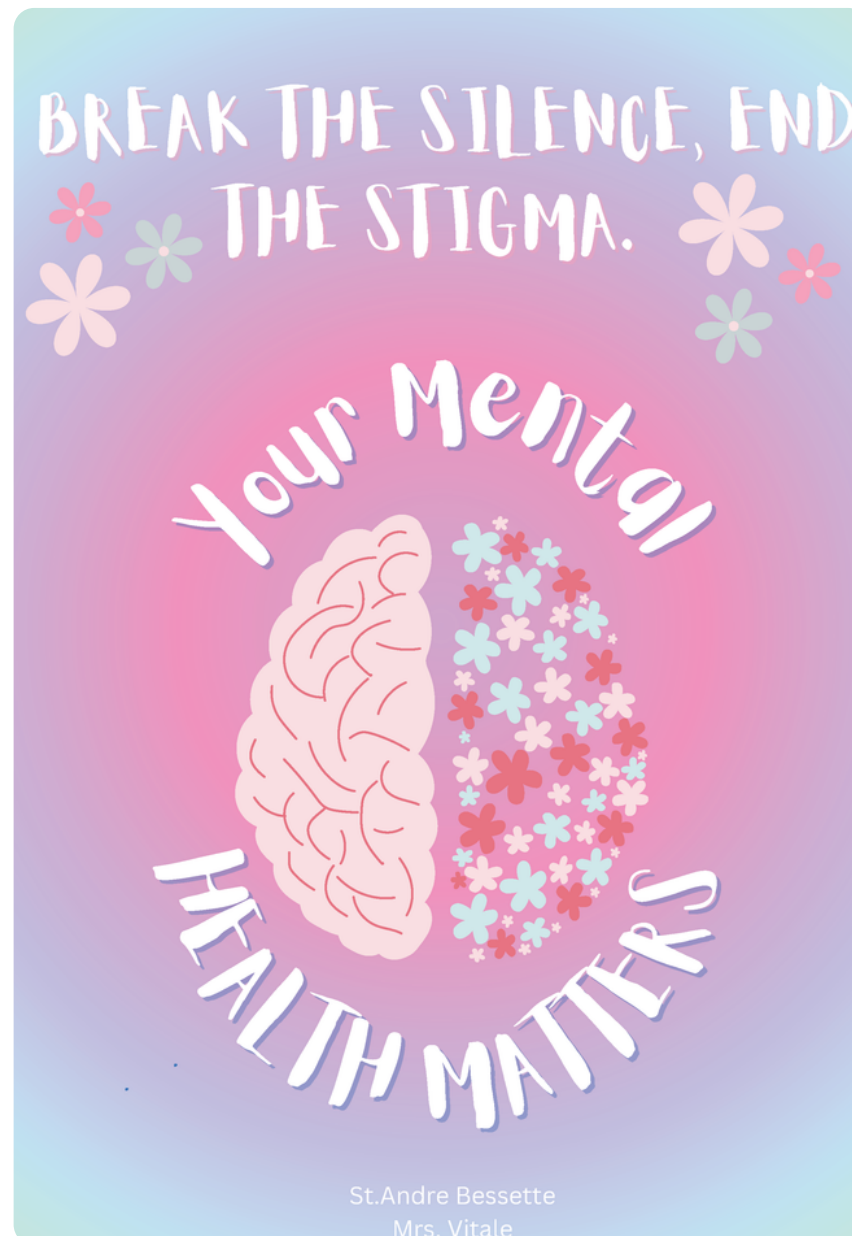


Well-Being in DPCDSB Schools

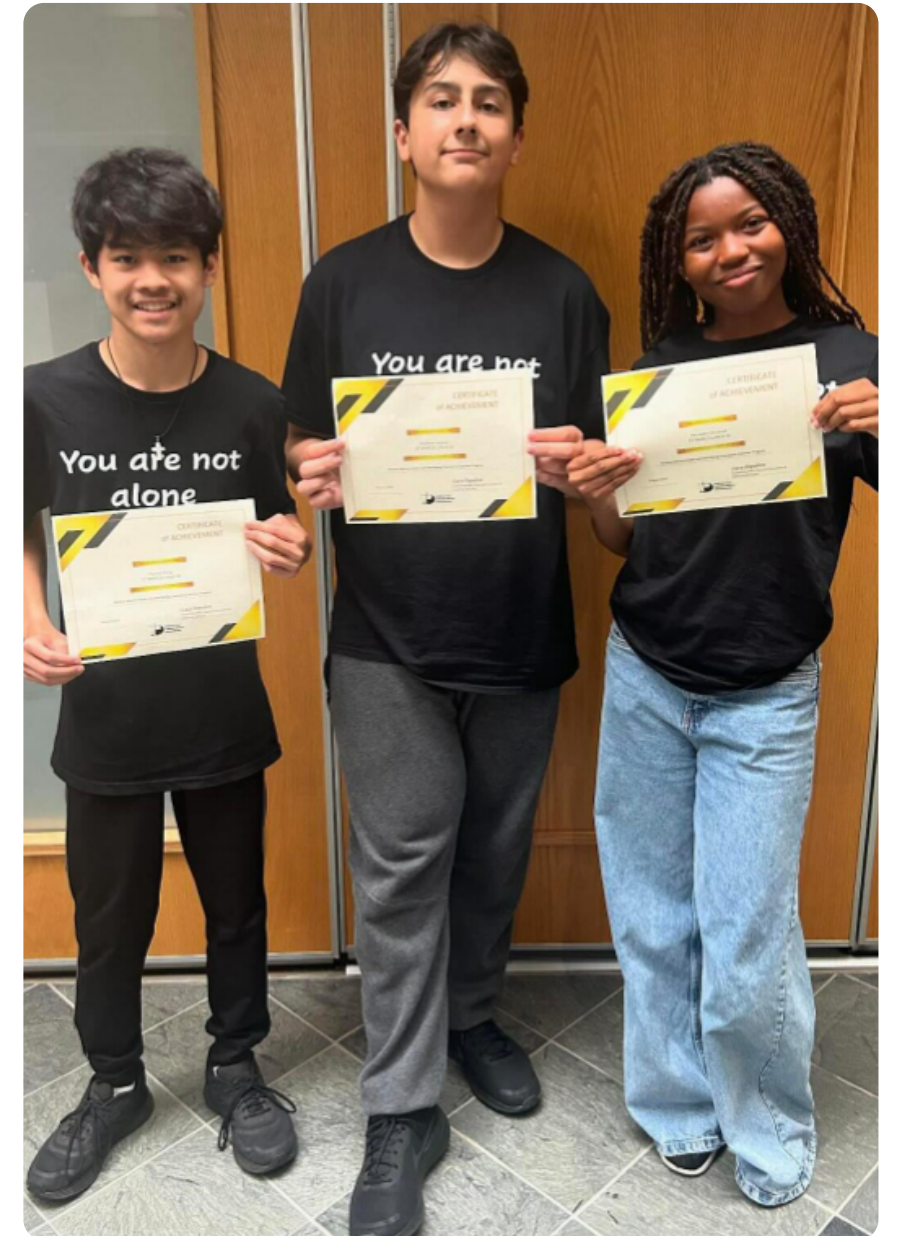
Click on the images to see how our schools promote wellness!



Wellness Retreat Affirmations led by Student Leaders at Father CW Sullivan CES



"Break the Silence" Poster from Wellness Leaders at St. Andre Bessette CES



Mental Health Champions at St. Marcellinus CSS



Student Information & Resources



As you settle into another new school year there are a lot of changes to adjust to. There may be things on your mind, or you may be looking for ways to help a friend and are unsure who to talk to. There are caring adults at your school who want to listen and help. You can talk to your teacher, Principal or Vice-Principal, Child and Youth Worker, Social Worker, Mental Health Worker, or Psychology Team Member. If you are a secondary student, you can also access your Guidance Counsellor, Student Success Teacher, or Chaplain. Staff can help guide you to the supports that you are looking for.

Looking for Support:

- Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868 (o-18 years of age). Black youth can text "RISE" to 686868. Indigenous Youth can text FIRST NATIONS, INUIT or METIS to 686868 to connect with an Indigenous volunteer crisis responder.
- 24.7 Crisis Support Peel: 905-278-9036 1-888-811-2222. (for all ages)
- Dufferin Child and Family Services - Crisis Services: 519-941-1530
- Hope for Wellness Help Line: 1-855-242-3310 (support for all Indigenous peoples across Canada)
- National Indian Residential School Crisis Line: 1-866-925-4419
- Black Youth Help Line: 1-833-294-8650 or 416-285-9944 (website: www.blackyouth.ca)
- LGBTQ+ Youth Line: 1-800-268-9688 (website: www.youthline.ca)
- Naseeha Mental Health Hotline for Muslim Individuals: 1-866-NASEEHA (627-3342) (website: www.naseeha.org)
- 911 or go to your local Emergency Room
- One Stop Talk for youth under 18: (M-F 12:00 pm - 8:00 pm and Saturday 12:00 pm - 4:00 pm) 1-855-416-8255 or onestoptalk.ca and click "start the conversation."

Not Sure What to Say?



HOW TO
Reach OUT

10 Tips for a Successful Back to School Transition

(From a Student)



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