

MENTAL HEALTH MEMO: WORKING TOGETHER TO PROMOTE AND PROTECT STUDENT MENTAL HEALTH

We all want to be as prepared as we can and to help our students to feel safe and cared for as we continue through this unusual and uncertain time in schools. As always, the Rainy River District School Board has a strong commitment to promote and protect student mental health and to ensure students feel safe, confident, included and cared for; whether they attend school in person or remotely in the coming months.

Educators, school and system leaders, and families will need to demonstrate flexibility, creativity and compassion and will need to work together in order to support student mental health.

As we continue through this unique school year, our staff have been working to enhance and protect student mental health by:

- Ensuring a physically and emotionally safe school and classroom environment
- Developing knowledge and confidence to promote positive mental health for students
- Ensuring students feel a sense of belonging and inclusion in the school and their classroom
- Focusing on social-emotional learning, mental health self-care, stigma reduction and help-seeking behaviours
- Working together with families to support student mental health and mobilizing other support services

During these challenging times, you may be worried about your child's/youth's mental health and well-being. You can work with your school's staff to help make sure your child/youth gets the support they need.

Please click on the links below to see these resources from School Mental Health Ontario that can help start the conversation with your child/youth about mental health:

<https://smho-smso.ca/wp-content/uploads/2020/03/Self-Care-101.pdf>

<https://smho-smso.ca/wp-content/uploads/2020/03/Reaching-Out.pdf>

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com

