

# STUDENT MENTAL HEALTH AND WELL- BEING NEWSLETTER

## CELEBRATING LOVE THROUGH PRAYER

FROM WILLIAM BAUSH A WORLD OF STORIES

When you thought I wasn't looking, I saw you hang my first painting on the refrigerator, And I wanted to paint another one.

When you thought I wasn't looking, I saw you feed a stray cat, And I thought it was good to be kind to animals.

When you thought I wasn't looking, I saw you make a favourite cake for me, And I knew that little things are special things.

When you thought I wasn't looking, I saw you say a prayer, And I believed there is a God who I could always talk to.

When you thought I wasn't looking, I felt you kiss me goodnight, And I felt loved.

When you thought I wasn't looking, I saw tears come from your eyes, And I learned that sometimes things hurt, But it's alright to cry.

When you thought I wasn't looking, I saw you cared And I wanted to be everything I could be.

When you thought I wasn't looking, I looked and wanted to say thanks For all the things I saw When you thought I wasn't looking.

*Valentine's Day is the perfect time to remind students that they are loved and teach them how to love others!*



*Helpful tips for parents to make sur Valentine's day is a positive experience for all students.*

Be inclusive, using positive language, encourage creativity: <https://www.parentscanada.com/family-life/celebrating-valentines-day-at-school/>

How can parents spot anxiety around Valentine's Day or any other school event? What can parents do? <https://globalnews.ca/news/4962134/family-matters-kids-valentines-day-anxiety/>

Could disappointment in children really be healthy for them? <https://www.psychologytoday.com/ca/blog/the-power-prime/201106/parenting-disappointment-is-good>



## A PARENTS GUIDE: Making the most of parent-teacher interviews

**Prepare Ahead:** Read your child's report card. Write down any questions or concerns to have handy when speaking with the teacher.

**Ask Questions:** Ask the teacher what area of the curriculum motivates your child most regularly. Ask what skills your child needs to develop further. Find out how your child gets along at school with other teachers and students.

**Share Your Perspective:** Share your child's interests, hobbies, and extracurricular activities, as well as any areas where your child needs extra encouragement. Let the teacher know if there are any issues completing homework.

**Listen:** Hear all comments and concerns raised by the teacher with an open mind and an eye towards problem solving.

**Make a Plan:** Ask what strategies the teacher is using to support learning - especially in areas that are challenging for your child. Discuss what you can do at home to support your child's learning and social skills. Share your contact information and ask how to get in touch with the teacher if you have more questions or concerns.

**Follow-up:** Share the teacher's positive comments with your child. Let your child know how you are all going to work together to help with any area that needs support.

## Is it the February Blues???

Sadness is a natural part of being human, and feeling this way for a few days can be normal.

While we may think of low mood or other challenges as adult problems, they can affect people at any age. Sometimes it can be difficult for adults to understand how difficult children's problems can be because we look at their problems through adult eyes.

<https://ontario.cmha.ca/documents/children-youth-and-depression/>

**Mental Health Helpline: 1-866-531-2600**

**Connected Parenting: 416-781-4700**

<https://connectedparenting.com/>



FEBRUARY 2020

# CHALLENGING NEGATIVE THINKING

*By: Amanda Costabile*

*"I'm not good enough" or  
"I'm going to fail"...*

These are statements that we sometimes hear in our schools. These and other self-defeating thoughts can be brought up in times of anxiety or stress and become quite believable to the person experiencing them. They can often lead to an increased focus on problem situations and a tendency to think of the worst possible outcomes. By taking a moment to engage in conversations that propose an alternative way of thinking, more positive possibilities can become possible. Here are 5 questions you can ask yourself or others to challenge worried thoughts:

1. *What is the evidence/facts that support this thought?*
2. *What is the likelihood of this thought coming true?*
3. *What might be the best possible outcome?*
4. *How might a parent, colleague, or best friend see this?*
5. *If worst case scenario did happen, would it still matter in a week? A month? A Year?*

**What did the stamp say to the envelope on Valentine's Day?**



*I'm stuck on you!*

*This newsletter is brought to you by the TCDSB Mental Health Team. Feel free to contact us with any comments, questions or suggestions at: 416-222-8282 (extensions below):*

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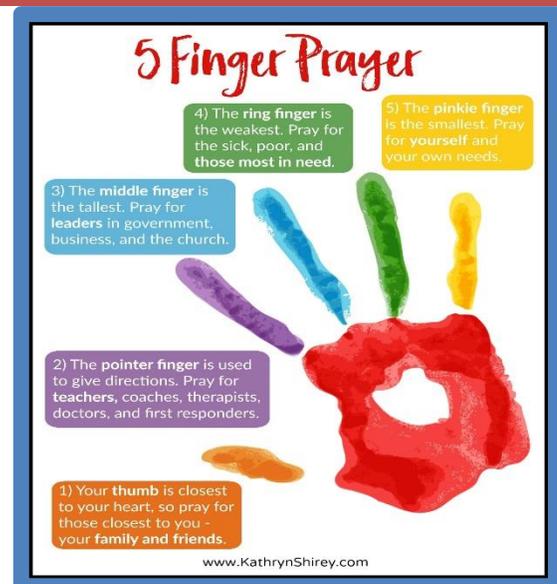
## February Celebrates the Theme of Love Through Black and Aboriginal Canadian Culture:

*"...Hate cannot drive out hate; only love can do that." (Martin Luther King)*

*"School teachers teach what they and others know.  
Forest teachers - bear, wolf, lynx, beaver, bird,  
every flower and tree - teach us how to live, love  
and grow " (Fredrick M. Perrin, Rella Two Trees - the  
Money Chiefs)*

*"Kindness eases change, Love quiets fear." (Octavia Butler, Parable of the Sower)*

*According to the Mental Health Commission of Canada, one in five people in Canada will experience a mental health issue or illness in any given year. Mental illness affects people of all ages and from all walks of life.*



Look for our *Spring* newsletter coming in May 2020!  
Mental Health Awareness Week: May 4-10  
Catholic Education Week: May 3-8