



# Student mental health & Well-Being April 2020

Special COVID-19 Edition: Ways to connect & calm the body & mind

[STUDENTS](#) • [PARENTS & GUARDIANS](#) • [TEACHERS](#)

## **Stay Active!**

Tune in to the YMCA Facebook page @YMCAGTA for FREE family-friendly sessions led by their fitness instructors and early childhood educators.

educators.

[Click here for 5 simple steps to de-stress](#), from a YMCA yoga instructor.

## **Be Creative!**

The YMCA has shared the following resources to help keep you, and your kids, get creative at home:

- [4 energy-burning activities for at home](#)
- [Child-Friendly apps](#) to help, rather than hinder, your child's development.
- [Easy Craft: How to make spring window gel clings](#)

## **Download. Print. Color. Relax.**

Over 100 Museums, Libraries, and Galleries Are Offering Free, Printable Colouring Sheets. [Click here to explore all colouring s](#)

base of Mt. Everest in Nepal, [Gombe National Park](#) in Tanzania and the [Pyramids of Giza](#) in Egypt.

## Listen!

Concerts - both professional and amateur - are taking place in front of online audiences daily, here are a few favourites we've seen:

- Separated by coronavirus pandemic, [students from Navy base in Italy sing a Bon Iver song](#) together online
- [Caremongering in Toronto](#) is a fantastic way for communities to pull together and help our neighbours in times of need.
- [Singing in Italy](#), this lovely video shows the spirit of humanity thriving in difficult times
- Berlin's Staatsoper, [streamed a performance of George Bizet's Carmen](#).
- [Conductor Simon Rattle's performance](#) of Luciano Berio's *Sinfonia* and Bela Bartok's *Concerto for Orchestra*.
- [James Blunt performed his concert](#) in Hamburg's empty Elbphilharmonie - but to an online audience of millions.

## Look At!

Museums, galleries and other attractions are providing virtual tours:

- [10 of the world's best virtual museum and art gallery tours](#)
- [Ripley's Aquarium](#)
- [Toronto Zoo](#)

## **Need Some Support? Kids Help Phone is Here!**

Did you know? Youth in need of health support have access to trained counsellors 24/7 by phone or online. Parents/guardians with mental health concerns about their child/student are also encouraged to get in touch with Kids Help Phone. Visit [www.kidshelpphone.ca](http://www.kidshelpphone.ca) or call **1-800-668-6868** for more info and resources.

## *STUDENTS*

### **Toronto Public Library: Suggested Learning/Reading**

Kids can listen to stories any time with Dial-A-Story service, available in 16 languages. Dial 416-395-5400 or [click here to visit the TPL website to learn more.](#)

Browse nearly 4,000 digital comics, available right now with your library card. [Click here to browse comics now.](#)



## **16 Strategies to Help You Thrive**

We all deserve to feel well and to thrive. In order to get there, the first thing to keep in mind is that we ALL have mental health to promote and celebrate.

The Canadian Mental Health Association has 16 strategies to try each day, and reflect on how they impact your mood and sense of well-being. Keep track of which strategies make the biggest impact and keep them in your back pocket to boost your mental health on bad days, and on the good ones too.

[Click here for the list of 16 Strategies to Help You Thrive](#)

## *PARENTS & GUARDIANS*

### **Staying Updated AND Mentally Healthy**

The World Health Organization makes the following recommendations to protect your mental health during this time: Minimize watching, reading or listening to news that causes you to feel anxious or distressed; seek information only from trusted sources.

Seek information updates at specific times during the day, once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts; not the rumors and misinformation.

[Visit the WHO website](#) and local health authorities' platforms to help you distinguish facts from rumors: [Toronto Public Health](#), [Health Canada](#).



## **Tips for Talking to Children about COVID-19**

CAMH has compiled resources to support families and individuals during this time:

- [Talking to children about COVID-19 and its impact](#) (one pager)
- [Mental Health and the COVID-19 pandemic](#) (webpage and resources)

## **Resources to Help Mental Wellness**

- [Promoting Personal Resiliency](#)
- [Hanging Out at Home: A Short Story for Kindergarten - Grade 2](#)



## Community Mental Health Resources

Youth in need of mental health support have access to trained counsellors 24/7 by phone or online. Additional resources also available. <https://kidshelpphone.ca/1-800-668-686>

- [Psychology Foundation of Canada - Parent Resources](#)  
The Psychology Foundation of Canada (PFC) is a registered charity with a 40+ year history of nurturing resilience in children.
- [School Mental Health Ontario](#) - Provides information to support youth mental health during COVID-19
- [The ABCs of Mental Health](#) - The Resources include ideas for promoting the mental health of children and adolescents, information about how children change as they get older, descriptions of behaviours that might indicate a problem, and practical suggestions for steps to take
- [Teen Mental Health.org](#) - This resource provides tips and coping strategies for youth that may be helpful during COVID-19.
- [Anxiety Canada](#) provides information and resources to support youth and adults manage anxiety. The Mindshift app can be accessed here
- [CALM](#) - This is an app designed to help people with sleep, meditation and relaxation



## **Supporting Staff Mental Health**

For TCDSB staff looking for help, the EFAP provides immediate and confidential assistance for any work, health or life concern. [Click here to learn more about available support through EFAP.](#)

It felt so good, hopeful, and impossible to hear birds singing when I opened the door this morning. How can something so “normal” as birds singing continue to go on? In this very strange and anxiety producing time as adults and caregivers, our mental health is being challenged like never before. In addition to this, our need to be present and calm and tuned into our children’s well-being is also of paramount importance. It is to this end that we want to reduce the feelings of being overwhelmed, provide accurate information and some realistic ways of coping. May the birds always sing and touch our souls!

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:

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