

# Mental Health and Wellness Newsletter



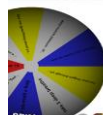
## Covid-19 Wellness Activities

This is a calendar of daily wellness activities to support students through this time. Each activity is meant to be highly engaging and 2 minutes in length. These activities were taken from 2 resources – the EOCCC Mental Health and Wellness material and the new Faith and Wellness material!



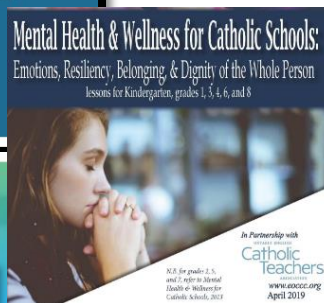
### Sample activity!

#### Strategy Spin



Read out the statements then spin the wheel.  
How do you feel when you are sad?  
How do you feel when you are happy?  
How do you feel when you are nervous?  
How do you feel when you are angry?  
How do you feel when you are surprised?  
How do you feel when you are excited?  
How do you feel when you are disappointed?  
How do you feel when you are proud?  
How do you feel when you are shy?  
How do you feel when you are confident?

Don't forget Peaceful, Inclusive, Noble and Kind! Wear PINK on Friday the 20th!



## Faith and Wellness: A Daily Mental Health Resource

Identification and management of emotions

Positive motivation and perseverance

Critical and creative thinking (executive functioning)

The best thing we can do for our children and students?

Take care of ourselves!



Mental Health

Phoenix Centre 613-735-2374

Robbie Dean Centre 613-433-4231

Renfrew County Mental Health Line 1-866-996-0991

Short videos from Renfrew County Mental Health Agency



## Parents: The Internet!

The internet has been invaluable during the past 7 months and is a fantastic tool to connect with friends and family.

**How do we keep students safe on the internet now that it is an integral tool for school and work due to covid-19?**

### Ask Questions!

- 1) **What sites are you on?** It is important to know where our children are spending their time.
- 2) **What are your passwords?** Keep the passwords and check every once in a while.
- 3) **What is your second Instagram account called?** Ask this of all the platforms they are on as many students will have a second account.
- 4) **Are you an influencer?** To be considered an influencer you need 1 000 unknown followers online and must produce a lot of content.
- 5) **What content are you posting?** Do you want your child to be uploading videos? Do you have an agreement that you review the content before they post?
- 6) **What do you and your friends do online?** Show me. Are they on chat forums? Be aware that students may be able to access chat forums that are for adults, especially gaming sites. Help your child steer clear of danger!

Ms. Brannan, our Safe Schools Coordinator recommends this site!

<https://mediasmarts.ca/parents>

