

# Student Mental Health and Well-Being



TCDSB Mental Health Services provided by **Psychology, Social Work, and Guidance** personnel

## **Sleep: How important is it?**

Getting enough sleep may be more important than you think. "Sleep plays a vital role in good health and well-being throughout your life", according to the National Heart, Lung and Blood Institute. Sleep studies have shown that when you're sleeping your body is working to maintain healthy brain function, mental health and physical health. "In children and teens, sleep also helps to support growth and development."

### **Healthy Brain Function:**

A good night's sleep helps form and strengthen the pathways in the brain that relate to learning, memory, and the ability to focus and pay attention. "Some experts believe sleep gives neurons used while we are awake a chance to shut down and repair themselves." Studies also suggest that sleeping helps strengthen memories you've formed throughout the day and link new memories to older ones.

### **Mental Health:**

Sleep impacts on your emotional well-being and ability to control your emotions, behavior, and coping skills.

Happy New Year!! We're pleased to send you the January edition of the Student Mental Health and Well-Being Newsletter. New Year's resolution number one: get more sleep! Please feel free to share and pass it along.

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When children and teens don't get enough sleep they may have mood swings, feel angry or sad, be impulsive, or have difficulty getting along with others.

### **Physical Health:**

In children and teens, growth hormones are released during periods of deep sleep. This helps with growth, boosts muscle mass, and repairs cells. Studies also indicate that lack of sleep can impact your ability to fight off infections. Sleep also plays a role in one's appetite and weight control. Sleep impacts on hormones that make you feel hungry or full. "When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested."

Getting a good night's sleep is vital to a student's overall well-being. For more information please visit [www.nhibi.nih.gov](http://www.nhibi.nih.gov)

(Information obtained from the National Heart, Lung and Blood Institute)

### **Fostering The Family:**

**The TCDSB Pastoral Plan 2015-18 “ Together With one Voice: Harmonizing Our Faith Through Family, Parish, and School” 2016 focuses on the PARISH**

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### **Bedtime prayer for a child to say before sleep**

Jesus,

You know me.

You understand my thoughts.

You protect me when I'm scared.

You encourage me when I'm nervous.

You comfort me when I'm hurt.

You jump with me when I'm excited.

You smile with me when I'm happy.

### **Tips for Getting a Good Night's Sleep**

- ✓ Encourage children to go to bed and wake up at the same time everyday
- ✓ Don't use a child's bedroom for punishment
- ✓ Relax before going to bed. Having quiet time before going to bed will help prepare the brain for sleep (i.e., use of relaxation exercises or a hot bath)
- ✓ Avoid eating large meals before bedtime
- ✓ Enjoy time outside everyday
- ✓ Engage in physical exercise
- ✓ Minimize distractions in your child's bedroom i.e. bright lights, TV, computer, noises.

*(information obtained from: [www.nhibi.nih.gov](http://www.nhibi.nih.gov))*

### **Mental Health Initiatives 2016-2017**

- Support for schools in developing a mentally healthy classroom. See Supporting Minds on the Ministry's website and edugains.ca.
  - safeTALK suicide awareness workshops for staff available via PAL
  - Psych. And SW supporting Newcomer Mental Health
- Inclusion of mental health to school SLIPs
- Building partnerships with community agencies, families, and parishes.

### Suggested Readings and Websites:

#### Books:

*What to Do When You Dread Your Bed* by Dawn Huebner, PhD  
*The Rabbit Who Wants to Fall Asleep* by Carl-Johan Forssén Ehrlin  
*Creepy Monsters, Sleepy Monsters* by Jane Yolen

#### Websites:

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

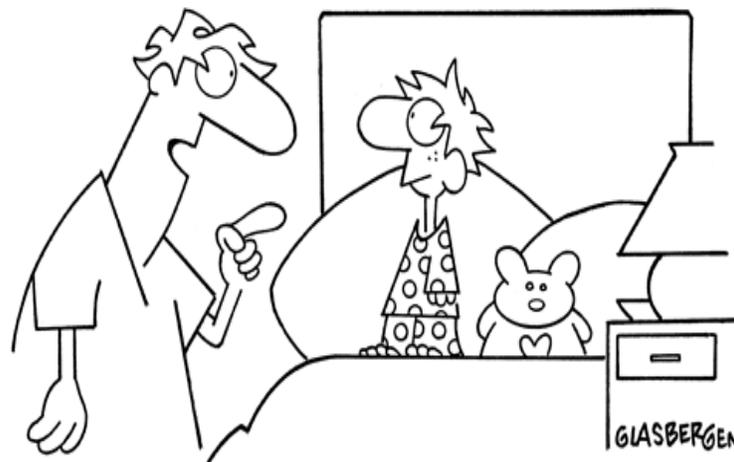
<http://www.sleephealthfoundation.org.au/fact-sheets-a-z/199-teenage-sleep.html>  
(teenage sleep)

### A Laugh A Day...

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*Laugh and the world  
laughs with you; snore,  
and you sleep alone!"*

–Anthony Burgess



"It's a time machine! You get in it tonight  
and when you wake up, it's tomorrow!"

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