

Student Mental Health and Well-Being



Newsletter

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

Taking time to Remember

November is a time to remember and call to mind those who have served and are still serving in the Canadian Military. Many have paid the ultimate debt to their country, not only with their service, but also with their lives. This is a solemn time. A time for reflection and for honor. Making the time and space to offer remembrance is important.

In our busy, fast paced lives, sometimes it can be difficult to slow down and create that time and space.

The following is a breathing exercise suggested by Yoga Instructor, Edward Jones, from New York City. The suggestions may help you, your student, or your child to slow down and create a space and time to remember and honor those who have fallen in war or conflicts.



November is a month of remembrance. Let's take time to celebrate the lives of our loved ones and remember the sacrifices made by those who bravely served our country.

Next time you find yourself feeling annoyed by a noisy environment- voices, phones, traffic, lawn movers- try this one minute exercise to shift your experience. The idea is to tune in to sounds around you rather than attempt to shut them out. Sit up tall, close your eyes, and let your face relax. (You might feel a connection between your jaw releasing and your ears softening.) Breathe naturally and think of yourself as a sort of receiver, taking in all of the sounds around you. Try not to favor one sound over another. Whether is chatter or clanging, or honking, just **hear** it. Is it possible to experience this “noise” the same way you might experience the sound of a river flowing? Can you relax and accept what's around you without wishing it were different? See how you feel after just one minute of sitting with this quality of openness.



Remembrance Day



On Remembrance Day we honour the men and women who served Canada. We reflect on the sacrifices of those who have died so that we may have freedom and peace. Encouraging discussions and participating in activities about Remembrance Day encourages students to become “socially minded” and fosters feelings of empathy. Students can say “thank you” in many way:

- Engaging in creative writing about Remembrance Day
- Using social media to spread the word about commemorative events at your school. Using the mobile app “Veterans Matter”
- Invite a Veteran or a Canadian Armed Forces member as a guest speaker
- As a class watch online interviews with Veterans in “Heroes Remember” (a searchable database)
- Read the poem “In Flanders Field” by Lieutenant Colonel John McCrae
- Write the troops and let your Canadian Armed Forces members know you appreciate them
- Wear a poppy
- Create a Remembrance Wall where students can write down thank you notes to Armed Forces or a special memory of someone they lost or miss in their lives.

Did you know.....

- November 11th is the day that World War I ended. It is also known as Armistice Day
- An Armistice was signed at the end of World War I at 11:00am on November 11, 1918.
- The peace treaty that ended World War I is the Treaty of Versailles and it was signed in 1919
- Poppies are a symbol of World War I because they grew in some of the places where battles were fought
- Poppies are sold by the Royal British Legion to raise money to support people in the armed forces

For further information and a teaching guide for Remembrance Day visit the Royal Canadian Legion website at:

www.veterans.gc.ca

www.legion.ca

Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.” Psalm 24:4

Suggested Readings and Websites:

Books

Resiliency: Strategies for Parents and Educators
by Virginia Smith Harvey

A Great Attitude by Sandi Hill

When I Feel Good About Myself by Cornelia
Maude Spelman

Websites

National Association of School Psychologists:
www.nasponline.org

www.raisingresilientkids.com

www.parentbooks.ca

Fostering Connections with Parish:

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

As a family we can honour the memory of loved ones by:

- Sharing special memories
- Praying together
- Continuing family traditions

A Smile A Day...

FAITH
is like Wi-Fi,
www.theferryplace.net
it's invisible but
it has the power
to connect you to
what you need.



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