

Mental Health Matters

Bruce-Grey Catholic District School Board

“...I am with you...I will strengthen you and help you...”

Isaiah 41.10



School Mental Health Vision

The Mission of Mother Teresa Schol Mental Health Strategy is to build well-being and resilience through the implementation and modeling of practices that nurture students in mental, physical and spiritual well-being while embracing Gospel values and pursuing academic achievement.

School Mental Health Mission

Mother Teresa School believes in developing the whole child. Confidence, resilience, growth mind-set and advocacy are nurtured in each child to assist in forming productive Catholic graduates in society. Each person is supported in achieving their potential and developing their God-given gifts.



The Mother Teresa School *Spirit in Motion* leaders!

Mother Teresa School - Walkerton *Spirit in Motion* – Student Mentors in Action!

For a number of years, students at Mother Teresa School in Walkerton have been participating in the *Spirit in Motion* program. The program allows older students at the school to receive training from board personel including Child and Youth Worker and Social Worker in ways that they can promote well-being among fellow students through structured play and games arranged at recess time.

At Mother Teresa School, we are very fortunate to have had 5 amazing Grade 6 student leaders volunteer for the training and to lead the various playtime activities at our school. Under the leadership of Grade 6 teacher, Alicia Tilker and with the support of the school Mental Health and Well-Being Team, student leaders act as role-





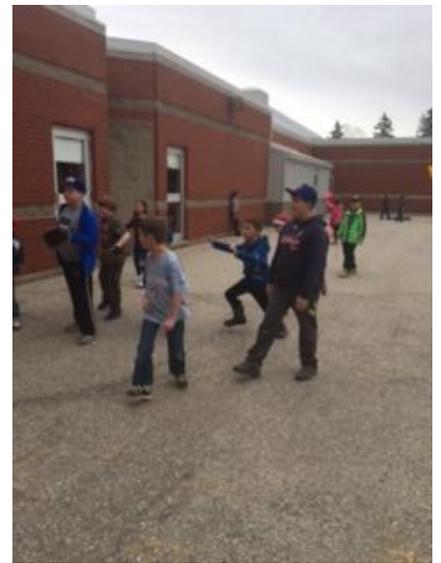
Have you had that talk?... Mental Health Matters

Every student has mental health just as every student has physical health. Mental health occurs on a continuum and can involve a range of emotions that can impact our lives. One in 5 Canadian Students will experience a mental health difficulty each school year. That translates into 4 or 5 students in each of our classrooms. As schools move forward in supporting student mental health it is important that the conversation extend beyond the classroom. Parents and caregivers can play a key role in creating mental health awareness, breaking down stigma and helping students navigate services. Here are some resources you can use to assist with the 'mental health' conversation:

Spirit in Motion – Student Mentors in Action! Continued...

Models, especially to our younger students.

Each week, the Spirit in Motion leaders organize recess time activities and invite a particular grade or division to participate outside at recess. This program allows younger students to see wonderful examples of student leadership in action. It allows our student facilitators to step into the role of community leaders at Mother Teresa School in a meaningful way. For our youngest students it provides a safe setting in which they may learn and develop basic play skills and form valuable friendships. At Mother Teresa School we believe that our community works best when each of us is there to support one another. Spirit in Motion is one practical way in which we can demonstrate this principle and ensure that students' mental health and well-being are supported.



Visit our Mental Health Tapestry to see what other schools in the Board are doing to support mental health:

http://www.bgcdsb.org/about_bruce_grey_c_d_s_b/mental_health_matters

time to change

let's end mental health discrimination

<http://www.time-to-change.org.uk/parents>



www.wecaregreybruce.ca

ABC

The ABCs of Mental Health

A PROJECT OF
The
Hincks-
Mackenzie
Centre

<https://www.hincksdellcrest.org/ABC/Welcome>