

# 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

**Notre Dame is a safe and welcoming community where students are supported in mind, body and spirit. All children are guided toward their God-given**

### School Mental Health Mission

**Student resilience and well-being is fostered through promoting healthy, authentic relationships, student voice and evidence-based practices.**



## Notre Dame Catholic School

### Building a Sanctuary Together...

Notre Dame Catholic School has been ‘Holding the Hope’ since September thanks to our Dr. Ross Greene Collaborative Problem Solving Project. Teachers walked the talk by choosing a student and applying open-ended questions for problem solving to our classroom management plans. Success!!!

Sensitivity and awareness of our student populations was also explored by examining Adverse Childhood Experiences Questionnaire and making connections between ACE scores and the high risk of Mental Health concerns in our school.





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. 1 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' co



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

Our Sanctuary School includes our Mental Health Champions, who are a dynamic group of grade seven students. Chosen by their peers and trained at St. Mary's, to assist younger students in need. They are responsible for "Big & Small in the Hall" and making a positive difference in our school community.



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](http://www.bgcdsb.org/about_bruce_grey_c_d_s_b/mental_health_matters)



[www.wecaregreybruce.ca](http://www.wecaregreybruce.ca)



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