



# HWCD SB Cares



“Start children off on the way they should go, and even when they are old they will not turn from it.” Proverbs 22:6

## Student Mental Health Parent/Guardian Autumn Newsletter



As we transition into a new school year, we are working to *Rebuild, Restore, Renew Together*. This is the theme for this year’s Catholic Education Week and we are committed to rebuilding from the pandemic, restoring the many activities that are such an important part of our Catholic school system and to renewing those relationships that are so crucially important to the building of the Catholic community. We all play an instrumental role in supporting the mental health of our students. Remember HWCD SB Cares!

1

Faith & Wellness Resource

2

Fun mental health practices at home

3

How to Ease Your Child’s Back to School Concerns



November 15-21, 2021



Emotion Coaching for Parents

Oct. 21, 2021  
Nov. 2, 2021  
Nov. 18, 2021  
Dec. 1, 2021



No Problem Too Big or Small



All HWCDSB students will be receiving a copy of the [Back to School Student Mental Health Kit](#) in the coming weeks. The Kit contains tools for students to use to support their mental health and wellness, including distraction and thought changing strategies, breathing exercises, and muscle relaxation exercises. Also included is information about understanding anxiety during uncertain times and gratitude exercises.

# Back to School

## Student Mental Health Kit



**Hamilton-Wentworth Catholic District School**

Be strong and bold, have no fear or dread <sup>⊕</sup> of them, because it is the Lord your God who goes before you. He will be with you, he will not fail you or forsake you. Do not fear or be dismayed. ~ Deut. 31: 6-8



## Mentally Healthy Back to School Support Package

Practical Resources to Help Schools Rise Together to Resilience



Mental health is everyone's business, and we all have a role to play. As a parent, guardian, caregiver or family member, you have a particularly special role in supporting child and youth mental health.

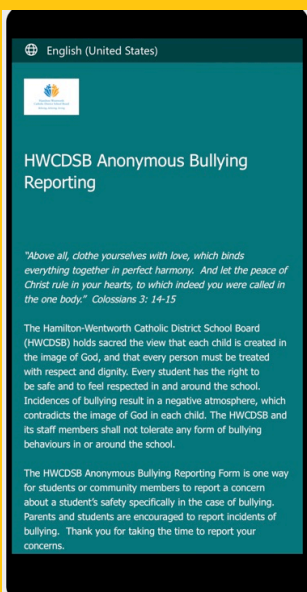


Increase your understanding of mental health and learn about how Ontario's schools support mental health.



You know your child best. See how you can work with your school to support your child's mental health.

## HWCDSD Anonymous Bullying Reporting Tool



The Hamilton-Wentworth Catholic District School Board (HWCDSD) holds sacred the view that each child is created in the image of God. Every person is to be treated with dignity and respect. Every student has the right to be safe and to feel respected in and around the school.

Guided by the teachings of Our Lord, Jesus Christ, the HWCDSD is committed to school environments where each member feels valued, respected, and has a sense of belonging with the goal of enabling all learners to realize the fullness of humanity.

The HWCDSD recognizes that bullying is detrimental to the entire school community. Bullying impacts not solely the victim, but also the one who bullies as well as the bystander. Bullying can lead to more long-term social and emotional problems. Bullying, including cyber bullying, is a serious issue and is not tolerated in a Catholic school environment, at school-related activities, on or off school property.

## COMMUNITY MENTAL HEALTH SERVICES

If you have concerns about your child or youth's mental health or notice changes in their behaviour and emotions, it is important to reach out for help. There are free mental health services in Hamilton for children, youth and their families. Support is available by phone, virtually and in person.

**If this is an emergency, please call 9-1-1 or visit your local emergency room.**

If your child or youth is in crisis call:

- \* Kids Help Phone: 1-800-668-6868
- \* COAST: 905-972-8338
- \* Contact Hamilton at 905-570-8888. Looking for a local program and don't know where to start? Leave a voicemail and someone will call you back from a blocked number. An intake appointment will be completed over the phone and options for services will be discussed.
- \* Public Health Services' Mental Health Services for Children and Youth. Free single session video or phone counselling for children and youth under 18 and their family members/ caregivers. No waitlist. Book online or phone 905-546-2424 ext. 3678.
- \* Youth Wellness Centre provides services for youth age 17 to 25. Phone: 905-522-1155 ext. 31725
- \* Centre de santé communautaire Hamilton-Niagara Cherchez-vous des services en français? Phone: 905-528-0163
- \* De dwa da dehs nye>s Aboriginal Health Centre provides culturally appropriate mental health services. Phone: 905-544-4320
- \* Canadian Mental Health Association Hamilton provides services for age 18+. Phone 905-521-0090.
- \* Talk to your Family Doctor. Find a family doctor
- \* Good Shepherd Youth Services Mental Health Program - Youth-focused mental health services for those age 12 to 21. Phone: (905) 308-8090 OR call the crisis line: (905) 529-7878

### NEED A SOCIAL WORKER?

If you think your child needs additional support, please speak to your HWCDSB school principal to see how a school social worker might be able to help.

