



"For unto you is born this day in the city of David, a Saviour, who is Christ the Lord" ~ Luke 2:11

STUDENT MENTAL HEALTH PARENT/GUARDIAN WINTER NEWSLETTER



As we enter into the season of Advent, we are preparing for the birth of our Saviour, Jesus Christ. Advent is a time of hope and joy where we are reminded that Jesus was the light of world. Every year, the holiday season takes on a whole new level of joyful yet frenzied activity. With so much pressure and preparation behind making a perfect Christmas, at times we need to remind ourselves of the real meaning of Christmas. Take time to worship, rest, and care for your mental health, and the mental health of your child(ren). This newsletter has resources for parents/guardians to prepare for advent, promote self-care for your child(ren), and other valuable resources for the upcoming months. Wishing you abundant blessings for the holidays.



Parent Discussion:
Dealing with
Challenging
Behaviours
Jan. 18, 2022



Youth Suicide
Prevention



No Problem
Too Big or
Too Small

1

SELF CARE 101 FOR STUDENTS

Resources and
strategies for students

2

TIPS FOR PREPARING FOR ADVENT WITH YOUR FAMILY

3

HELPING YOUR CHILD MANAGE DIGITAL TECHNOLOGY

Practical resources to support your child(ren)'s mental health during the holidays and throughout the year. The following resources have been prepared for parents and guardians to help you identify signs of concern and to connect with resources for help and support.



How to know if you should be concerned



SickKids Mental Health Learning Hub



What is Social Emotional Learning?

HWCD SB ANONYMOUS BULLYING REPORTING TOOL

The Hamilton-Wentworth Catholic District School Board (HWCD SB) 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 HWCD SB 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 HWCD SB 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.

PARENTING EDUCATION, WORKSHOPS, GROUPS

Emotion
Coaching for
Parents - Call
HFHT (905)
667-4852

HWCD SB Parent
Website for
Student Mental
Health

McMaster Children's
Hospital - Growing
Together Guide
September-
December 2021