

Thrive in Community

January 2025

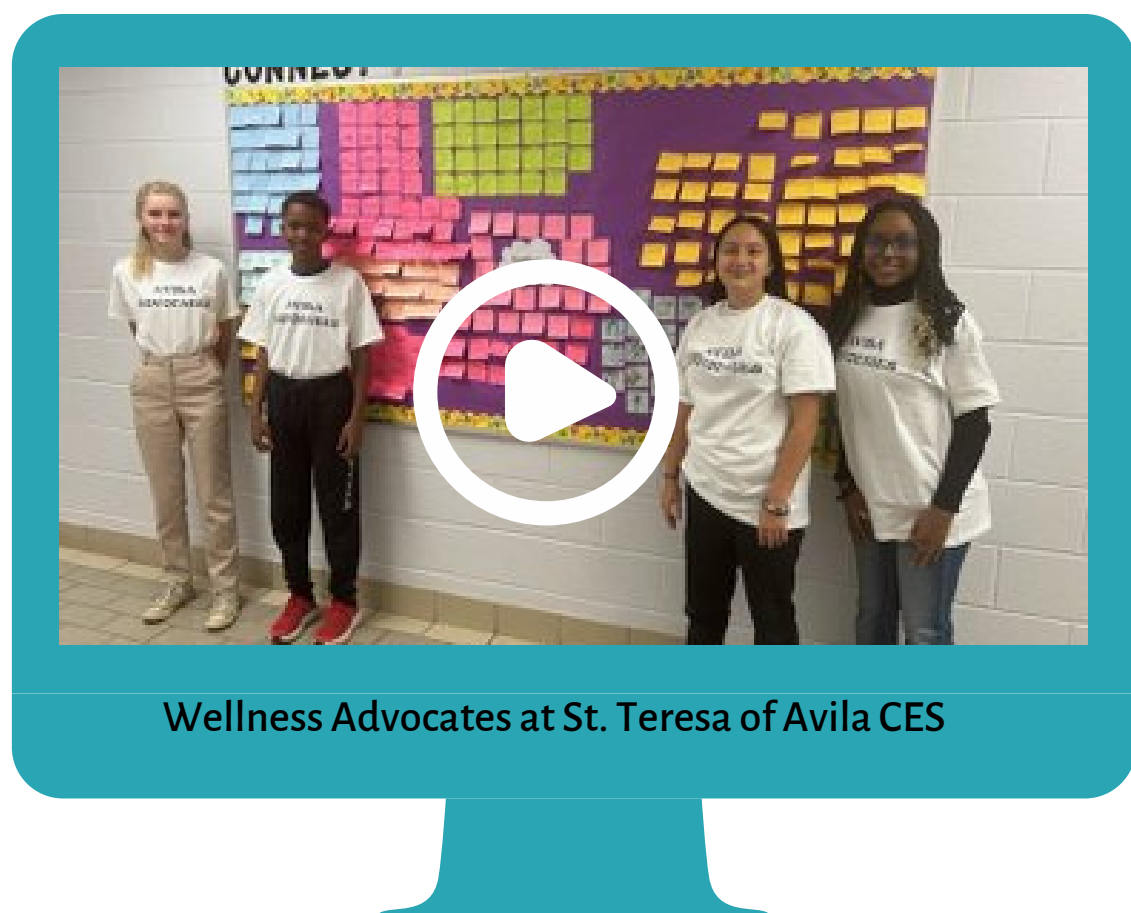
Supporting Mental Health and Well-Being



January is a time for Self-Control

When we turn over the calendar page to 2025, we turn our minds to the year ahead. The virtue of self-control/decision-making is essential during the month of January, as we start the new year and think of resolutions. While it can sometimes feel overwhelming to set goals and make long-term decisions for the year, Pope Francis reminds us that "we are called to keep our hearts open to hope and to trust in God, who makes himself present, accompanies us with tenderness, sustains us in our weariness and, above all, guides our path." We can choose to act with self-control by managing our emotions and impulses, while being patient and loving towards others and ourselves. In this issue, you will find resources and tips that can support self-regulation and well-being as we help our students develop into self-directed, responsible, lifelong learners.

Student Voice



Prayer



Circular Breathing Exercise (SMHO)

God, open our hearts, ears, minds, and bodies to receive your love and care. Help us to find the time and space to draw near to you. We desire to listen to your voice, but we don't always know how. Grant that we may listen to your word and act accordingly. We ask this in Jesus' name. Amen
(Source: Raising Kids Who Care, 2018)

VIRTUE OF THE MONTH:
SELF-CONTROL



Getting back to routines after winter break can be challenging for many people. Getting good quality sleep helps all of us remain at our best. Try these [Tips for Building a Mentally Healthy Nighttime Routine](#) to get the sleep we all need to feel refreshed to take on the challenges of each new day.

Secondary students will soon be writing culminating activities and exams. This [Parent/Caregiver Handout on Test and Exam Stress](#) has tips for how to support your child's learning and ways you can help them prepare for exams. There are also ideas for how to calm the stress teens might be experiencing and how to handle disappointment if they are unhappy with a mark or result.



Click on each icon to access more resources.



"If we love one another, God lives in us." (1 John 4:12)

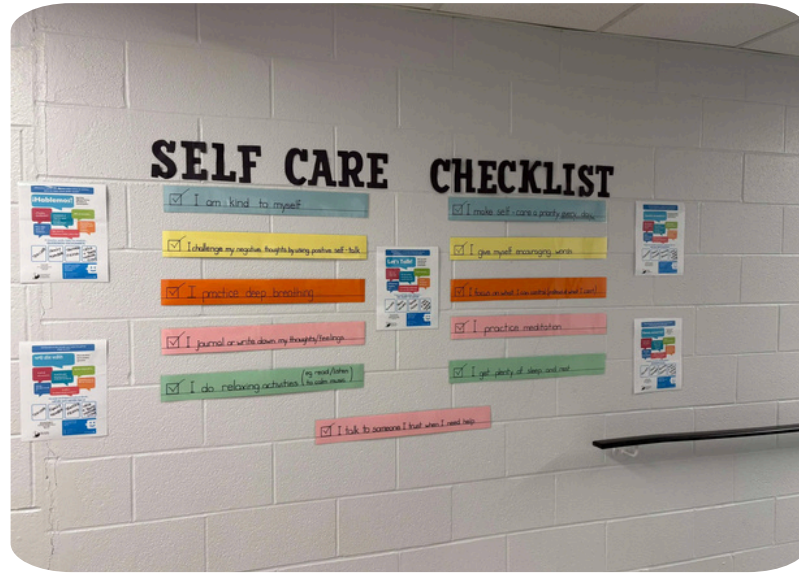


Well-Being in DPCDSB Schools

Click on the images to see how our schools promote wellness!



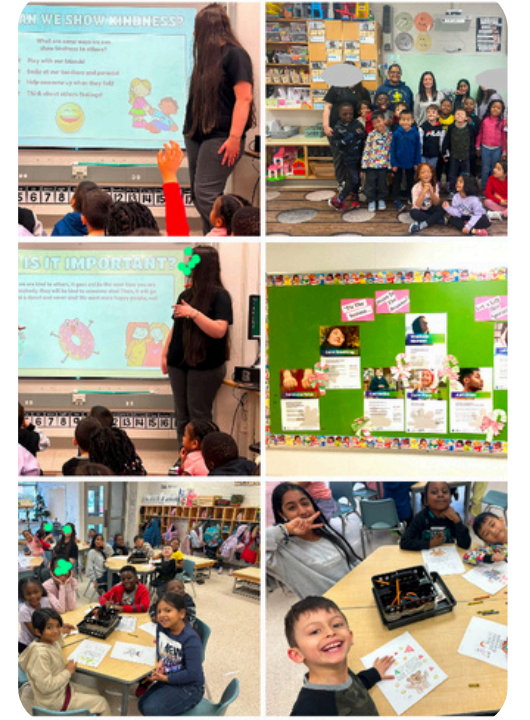
Bullying Prevention Reel Competition at Cardinal Ambrozic CSS



Wellness Team in Action at St. Francis of Assisi CES



Learning about Vaping at St. Therese of the Child Jesus CES



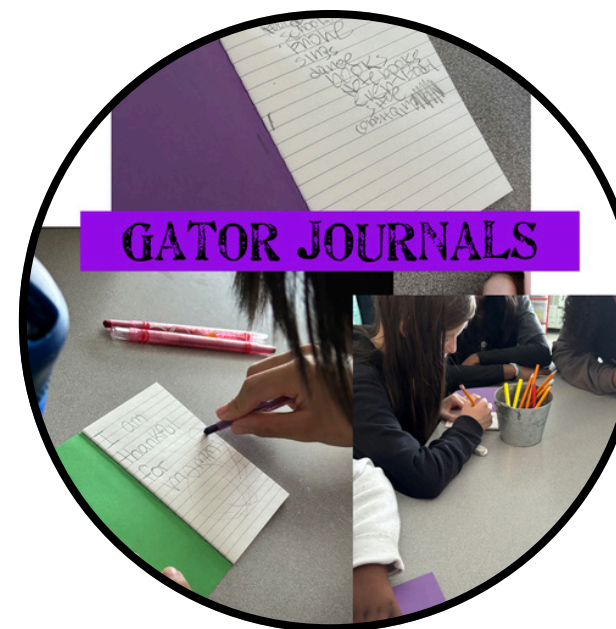
Everyday Wellness at Blessed Michael J McGivney CES



Interactive Wellness Boards at St. Catherine of Siena CES



Bullying Awareness Dramatization at Sts. Martha and Mary CES



"G. Leaders" at St. Monica CES



Games Club at St. Timothy



Student Information & Resources

If you are a secondary student, you are probably thinking about upcoming CPTs and exams as the first semester comes to a close. Try to start your course reviews early and resist the urge to wait until just before your exams. This is a great way to engage with what you learned over the semester. Reviewing a little bit at a time is a better way to study than cramming at the last minute. Getting good sleep and avoiding distractions like social media will also help you stay focused on the work at hand. Remember to take breaks and practice self-care so you don't get overwhelmed. Click on the images below to access helpful resources from School Mental Health Ontario and Kids Help Phone as you head into the end of the semester.



Kid's Help Phone : How to Practice Self-Care



Tips for Managing Test and Exam Stress



Test and Exam Stress Student Journal

Looking for Support:

- Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868 (o-18 years of age). Black youth can text "RISE" to 686868. Indigenous Youth can text FIRST NATIONS, INUIT or METIS to 686868 to connect with an Indigenous volunteer crisis responder.
- 24.7 Crisis Support Peel: 905-278-9036 1-888-811-2222. (for all ages)
- Dufferin Child and Family Services - Crisis Services: 519-941-1530
- Hope for Wellness Help Line: 1-855-242-3310 (support for all Indigenous peoples across Canada)
- National Indian Residential School Crisis Line: 1-866-925-4419
- Black Youth Help Line: 1-833-294-8650 or 416-285-9944 (website: www.blackyouth.ca)
- LGBTQ+ Youth Line: 1-800-268-9688 (website: www.youthline.ca)
- Naseeha Mental Health Hotline for Muslim Individuals: 1-866-NASEEHA (627-3342) (website: www.naseeha.org)
- 911 or go to your local Emergency Room
- One Stop Talk for youth under 18: (M-F 12:00 pm - 8:00 pm and Saturday 12:00 pm - 4:00 pm) 1-855-416-8255 or onestoptalk.ca and click "start the conversation."

"If we love one another, God lives in us." (1 John 4:12)