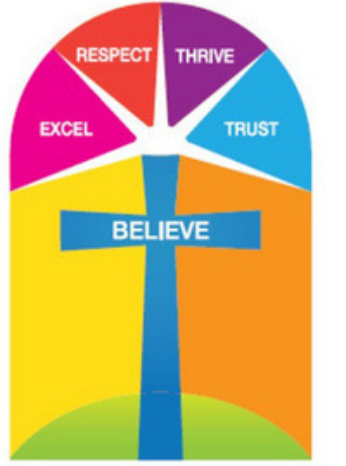




Thrive in Community

November 2024



Supporting Mental Health and Well-Being

November is a time for Self-Awareness

November is a good time to focus on self-awareness and emotional literacy (identifying emotions). Promoting the social emotional competency of self-awareness in school and at home can create opportunities for students to practice decision-making and critical thinking skills. When we feel confident in our ability to manage emotions, we feel better about ourselves and are kinder to ourselves. It's ok to "give ourselves the same kindness and care that we would give a good friend" (Dr. Kristen Neff). Extending kindness towards ourselves and others creates a positive ripple effect in our community. You are welcome to use the ideas in this newsletter to support well-being and self-awareness for students, staff, and families.

For starters, try this simple [Mood Meter](#) activity from School Mental Health Ontario

Student Voice



Prayer

Lord of kindness and compassion, transform our hearts so that we may always seek to treat others as we would like to be treated. Help us to think before we speak, so that our words may be clothed in kindness to one another. Be the light that beckons us to actions of goodness to everyone we meet.
Amen

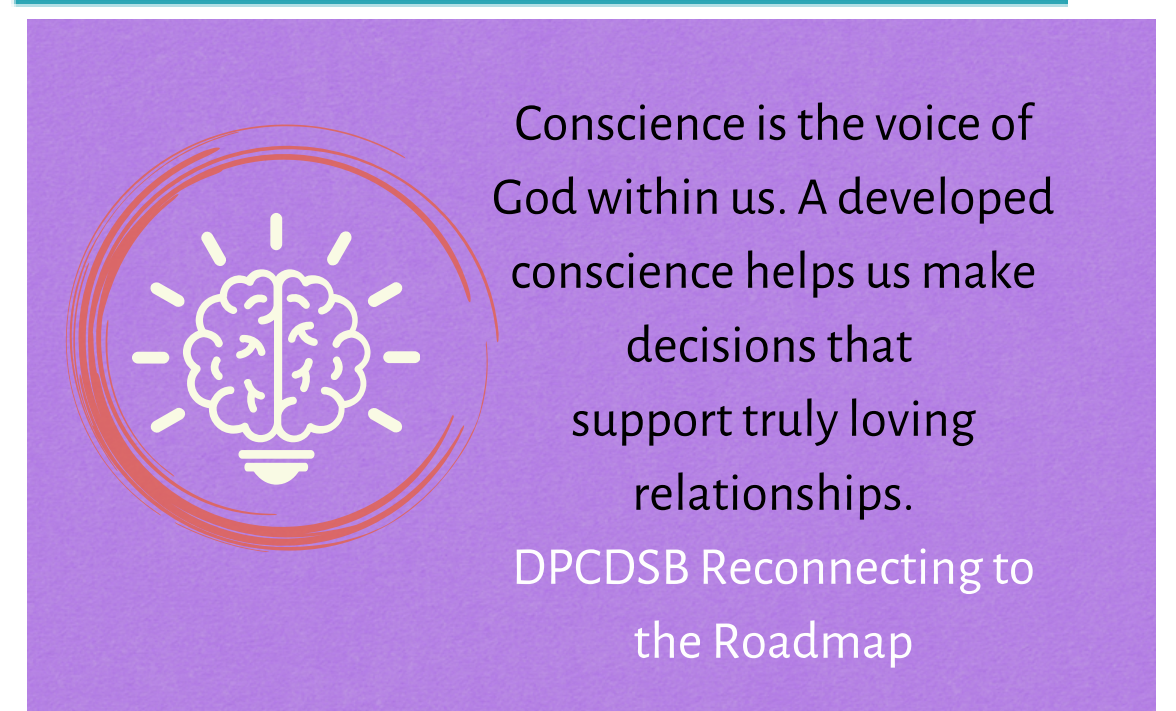
VIRTUE OF THE MONTH:
CONSCIENCE



Click on the resources below from School Mental Health Ontario to access the full version

In this month's Thrive, we focus on the importance of self-awareness. Part of strengthening self-awareness is the development of social-emotional learning. Social-emotional learning helps us to better understand our emotions, how to engage in positive relationships, and make good decisions rooted in our values. When we help our children foster their social-emotional awareness skills, they improve their ability to navigate the complexities of life, develop a sense of empathy for others, contribute positively to their homes, schools, and communities, and improve their overall mental wellness. School Mental Health Ontario continues to be an excellent resource for educators, mental health professionals, students, and parents as well. [Click](#) to learn more about the importance of [social emotional learning](#).

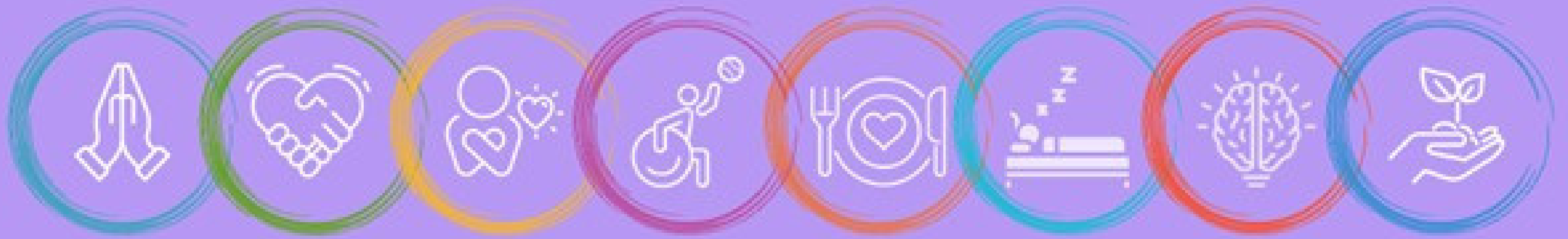
It is never too early to start helping our children develop their social-emotional skills. This is a skill that we continue to foster over our lifetime. The sooner we start, the greater the chance our children will have to develop resiliency in various areas of their lives. So how do we do this with our young ones? School Mental Health Ontario has made available a list of [12 children's books that can support your child's social-emotional learning](#). These books offer an opportunity for parents and caregivers to introduce their children to skill-building and foster ongoing conversations.



Click on each icon to access more resources.

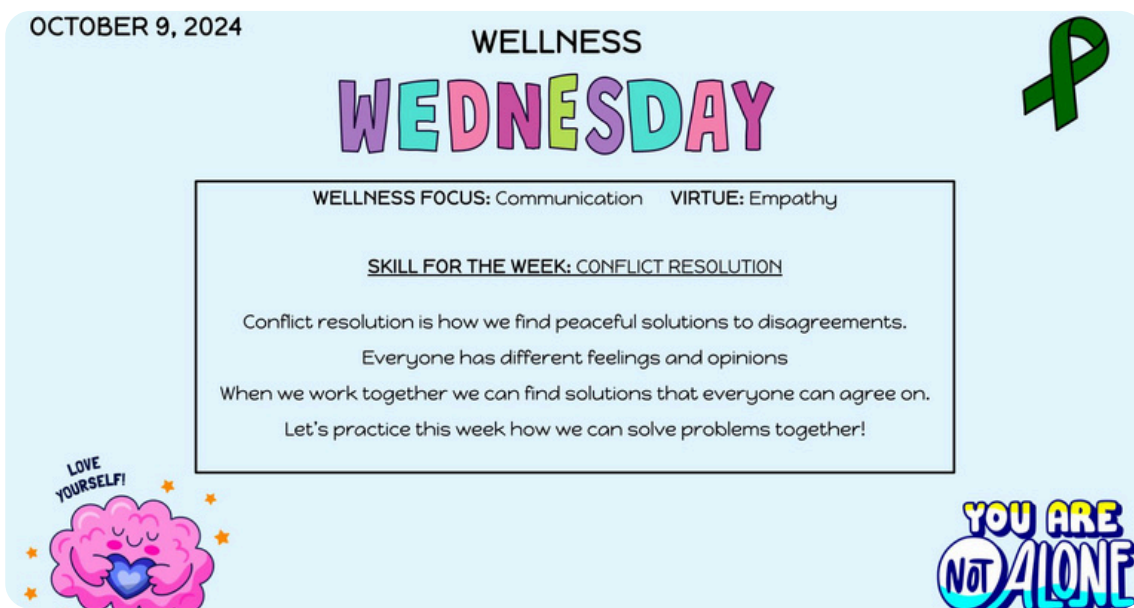


"If we love one another, God lives in us." (1 John 4:12)



Well-Being in DPCDSB Schools

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



Wellness Wednesdays at St. Therese of the Child Jesus CES



Learning Buddies at St. Bernadette CES



Knights4MH Mental Health Club at Notre Dame CSS



Wellness Leaders Make Gratitude Tree at St. Sebastian CES



Emotion Control at St. Pio of Pietrelcina CES



Student Information & Resources

This month we focused on developing self-awareness, specifically, our social-emotional skills. These are skills that help to improve our overall well-being. By strengthening skills in this area, we improve our chances of coping with stress, managing our emotions, fostering healthy relationships, navigating adversities, and establishing a strong sense of identity. Remember, be patient with yourself because the development of social-emotional skills is a lifelong journey. We are ever-changing and evolving and during this time, we learn more about ourselves. Below are some activities you may find helpful to you. [Kids Help Phone's Creative Workbook](#) can help you practice your self-awareness skills, or try the Kids Help Phone [SelfQuest](#) activity to learn more about yourself. The [Self-Assessment Awareness Worksheet](#) is also another great tool from Understood.org to assist in learning more about yourself.



Kid's Help Phone Creative Workbook



Self-Quest Activity



Self-Assessment Awareness Worksheet

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)