

Dear Parents/Guardians;

This week (May 1-7) is Canadian National Mental Health Week. As a result, our school will be touching on various mental health topics during the morning announcements and watching short videos in the class. On **Wednesday, May 3rd**, all staff and students will be encouraged to wear a hat for the day as we will be participating in the **Hats On For Mental Health promotion**. Wearing hats is a way to symbolize the need to take care of our thoughts and emotions in the same way that we wear hats/helmets to protect our brains from physical injury. It also opens up dialogue so that we can freely talk about mental health issues in the same way as we talk about physical health issues- with compassion, empathy and understanding.

The lessons are from a kit called Be Kind To Yourself & Others. This kit was developed in partnership with Alberta Health Services – Edmonton Zone (Addiction Prevention/Mental Health Promotion and Public Health) in partnership with Edmonton Public School Board and Edmonton Catholic School District. The kit was made as a resource to support the areas of the Alberta Education Health and Life Skills Program of Studies that deal with mental wellness. Our hope is that the discussions will help youth learn about their strengths, and give them ideas to support their mental wellness.

Youth today are experiencing more and more stress and anxiety than ever before. These discussions will help the students learn skills that will support their mental wellbeing, physical health, and even school achievement. We hope that you can have some talks with your child about the topics we will be discussing. Together, we can have a positive influence on youth and provide them with the skills they need to achieve mental wellness.

The videos that we will be watching are

Monday- https://youtu.be/jf13seh1_2Y

Tuesday- <https://youtu.be/KYfRzAII7TQ>

Wednesday- <https://youtu.be/-AC1cNikArw>

Thursday- <https://youtu.be/B-qJ8fu0rrl>

Friday- <https://youtu.be/s93ywqFa6CM> (Grades 5 & 6)

<https://youtu.be/RcGyVTAoXEU> (Grades 7 & 8) - (***) Skip section 8:32-8:43)

