



# The Holland Landing Highlights

[School Website](http://hollandlanding.ps.yrdsb.ca) hollandlanding.ps.yrdsb.ca  
[School Attendance Reporting](http://yrdsb.edsby.com) yrdsb.edsby.com  
[School Cash Online](http://yrdsb.schoolcashionline.com) yrdsb.schoolcashionline.com  
[School Bus Info](http://schoolbuscity.com) schoolbuscity.com  
[HLPS Twitter](https://twitter.com/hlpsyr) @hlpsyr

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## April 30, 2021

From the Office

CMHA Mental Health Week

Canadian Mental Health Association  
Mental health for all

**May 3-9, 2021**

Visit [mentalhealthweek.ca](http://mentalhealthweek.ca) for info and tools!

**HAPPY**

**AFRAID**

**SAD**

**ANGRY**

**Name it, don't numb it.**

**#GetReal** about how you feel.

Each year, Ontarians mark the first full week of May as **Children's Mental Health Awareness Week**.

This important week is about:

- **Increasing awareness** of the signs of child and youth mental health problems
- **Decreasing stigma**
- Understanding that **help is available and it works!**
- For more information on Children's Mental Health Awareness Week please see [CMHA Mental health Week](http://cmha.ca)

## [COVID-19 Mental Health Resources for Students and Families](#)

COVID-19 has presented unprecedented issues and concerns for our community, our country and the world. As we focus on keeping ourselves healthy and containing the spread of COVID-19, we must also keep ourselves mentally well. The uncertainty about the COVID-19 virus, significant alterations to daily routines and structures, and changes to social interactions with important people in our lives can result in accumulated stress.

There are things that we can all do to benefit mental health:

- Exercise and eat healthy
- Maintain good sleep habits
- Practice gratitude and mindfulness
- Connect with family and friends virtually or over the phone
- Prevent and manage stress when it happens

### Online Mental Health Resources

You may also find these resources helpful:

- [How to Support Student Mental Health during COVID-19](#) from School Mental Health Ontario
- [COVID-19 and mental health information](#) from the Centre for Addiction and Mental Health
- [Children's book about COVID-19](#) (available in several different languages)
- [Tips to manage mental health during COVID-19](#) from the Canadian Mental Health Association
- [Triple P Resources for Families during COVID-19](#)

### Tips from the Crisis Prevention Institute for Parents/Caregivers to manage challenging behaviors at home:

- [Seven Principles for Effective Verbal Intervention](#)
- [De-escalation Tips in Light of Coronavirus Anxiety](#)
- [Managing Your own Anger – A Guide for Parents](#)
- [The Power of Listening – A Guide for Parents](#)
- [CPI's Top 10 De-escalation Tips](#)
- [4 Tips for De-escalating Behaviour](#)

If you, your child, or a family member is experiencing a mental health emergency, safety is the immediate concern and help is needed now – call 911 or go to your hospital emergency department.



Parents for Children's  
Mental Health

SUPPORT. EDUCATE. EMPOWER.

**Monday, May 10, 2021 6:30 pm - 8 pm**

**Panel Discussion and Q&A: Community Resources**

***PARENTS' Support Group-All are welcome!***

**VIRTUAL MEETING**

**Does your child's anxiety, ADHD, mood disorders, learning disability, or behaviour challenges make parenting difficult? Join us...**

Please see the [linked flyer](#) for more information and link to the Virtual Meeting (Zoom).

For more information and resources, please visit [www.pcmh.ca](http://www.pcmh.ca).

### Career Discovery Expo: Dream Big York

Students in grades 7 - 12 and their parents/guardians are invited to attend the *Career Discovery Expo: Dream Big York* on **Tuesday, May 11, 2021** from **6:00 p.m.- 8:30 p.m. ET**.

This **FREE** event provides students and their families the opportunity to explore a wide range of career paths.

#### The Career Discovery Expo: Dream Big York will feature:

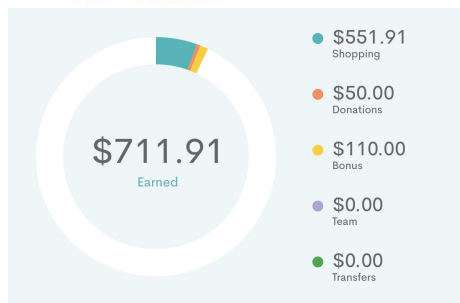
- **Dream Maker Panel:** Women from various industries share their stories and inspire young women.
- **Employer Spotlight:** Employers share their “look fors” when hiring new employees and ways to gain experience early.
- **Pathway Spotlight:** College, University and OYAP representatives share the different pathway programs available, scholarships, courses etc.
- **Games, Prizes**

To register, please visit: [dreambigyork.eventbrite.ca](https://dreambigyork.eventbrite.ca)

### School Council



Please consider joining our FlipGive fundraising team! We've raised **\$711.91** so far!



- ❖ How to participate;
  - Download the FlipGive App or visit [www.flipgive.com/join](https://www.flipgive.com/join) to sign up
  - When asked to “join existing team”, enter our unique team code: **YF9WHZ**
  - Have fun shopping!

### Reach Out!

If you have a question for our School Council, or any items you would like to be brought to our attention, please email our Chair - Zalema Mavor [holland.landing.ps@sc.yrdsb.ca](mailto:holland.landing.ps@sc.yrdsb.ca)

### Looking Ahead

#### May...

- 3-9 - Children's Mental Health Awareness week
- 7 - Get Real Movement Inclusivity virtual workshop 6-8
- 11-12 - Mickey Eve's mindfulness virtual workshops K-8
- 24 - Victoria Day (no school)
- 26 - Get Real Movement Anti-Racism virtual workshop 6-8
- 28 - Hurricane of the Month

