

King City SS e-Newsletter



[2001 King Road, King City, ON L7B 1K2](#)

April 17, 2020

Mental Health Tip

Our current situation can be very difficult and affect our mental health. We all need to take some time to work on our own mental well being. Please take a look at this exercise from *The Cognitive Behavioral Workbook for Depression* by William J. Knaus, EdD and consider trying it out for yourself: "At the end of each day, write down three things that happened for which you can be genuinely grateful. These can be tiny, almost insignificant events. For example, the sunrise, the sunset, the taste of honey, and the smell of baking bread may all be experiences that can evoke a sense of gratitude. Seeking experiences to feel grateful for can help counteract unhealthy, doomsday-type depressive thoughts."

King Township: Resources for People with Disabilities

The Township of King has put together a list of many resources that are available for people with disabilities during the Covid-19 pandemic. Please follow this [link](#) to see if any of these resources would support you or your loved ones.

New Library Twitter & Instagram Account

Our KCSS library has started a new Instagram and Twitter account to keep our community informed on all of the things happening in our library. Please give them a follow on twitter [@KcssLibrary](#) and on Instagram [@kcsslibrary](#). Also, don't forget about our new Twitter account [@KCSS_YRDSB](#) and the [@kingcity_ss Instagram account!](#)



Contact Us

Phone 905.833.5332

Extensions

Reception 150

Attendance 158

Guidance 106

Busing 152

king.city.ss@yrdsb.ca

Online

[School website](#)

Administration

Principal

[Joe D'Amico](#)

Vice Principals

[Pina Viscomi](#) (A-K)

[Tim Wesson](#) (L-Z)

School Council

[Luisa Gale](#)

[Harpal Panesar](#)

Superintendent

Neil Gunathunge

Trustee

Bob McRoberts



School News



Thank you for being at the heart of the incredible *Mental Health in Motion* community.

Mental Health in Motion 2020, the one day ride, run, walk event that was scheduled for June 14, 2020, is being transformed. While the event itself is cancelled, we are committed to keeping the motion: **MOBYSS in MOTION!**

This is not a decision we have come to lightly. Mental Health in Motion brings us all together in support of MOBYSS – Ontario’s first and only mobile youth health clinic – and raises \$250,000 for community-based youth mental health services.

The most important issue now is that we need to keep **MOBYSS in MOTION!**

This global pandemic has been emotionally and mentally draining for us adults, but its impact on youth has been far greater. In the space of just a few weeks, nothing is certain anymore.

“I’m stressed, and it’s getting harder every day. I didn’t know how much I would miss ‘normal’ life.”

Youth are angry, scared, isolated, disconnected...and they need your support now more than ever.

“Losing prom, sports and graduation sucks...and I’ll never see my friends again.”

What will we do with your support? The MOBYSS team is “seeing” youth using virtual meetings, by phone and through text, providing counselling, check-ins, resources and referrals, basic primary care, sexual health, education, medication management and prescriptions, specialist consults, psychiatric assessments through the Ontario Telemedicine Network and referring clients in need to other services where appropriate.

“I’m trapped. I can’t sleep. What’s the point? This isn’t ever going to end.”

In the midst of these challenges we need the support of our closest friends and champions – you – more than ever.

So, how can you help Keep **MOBYSS in MOTION** now, when the mental health of our young people is especially at risk?

1. If you previously registered for Mental Health in Motion, transfer your registration into a donation. If you haven’t already spoken with one of our staff members, email us at donations@cmha-yr.on.ca and we’ll send you a tax receipt for the full amount.



School News

2. If you were planning to participate, but haven't yet signed up, please consider making a donation instead. You can do that easily [here](#)
3. Ask your friends, family and colleagues for their support! Feeling awkward about asking? [Here's](#) some sample messages you can share via email, text, social media and beyond with your network.
4. If you usually make a donation to support a rider, runner or walker, you can still contribute to their fundraising goal! Click [here](#) make a donation, and remember to include the name of the team or individual participant.

The Keep **MOBYSS in MOTION** campaign will run now until Sunday, June 14, the day that would have been Mental Health in Motion. Over the coming weeks, we'll show you first-hand the difference your critical support is making to every young person who reaches out for help when they feel they have nowhere left to turn.

Being a teenager or young adult is tough at the best of times. From the bottom of my heart, thank you for keeping the momentum going by keeping **MOBYSS in MOTION**.

Sincerely,

Rebecca Shields, CEO
Canadian Mental Health Association, York and South Simcoe.

P.S. Mark your calendars for Sunday, June 13, 2021 where we will be back, together, stronger than ever, to celebrate and support at Mental Health in Motion 2021!

Stay Connected! Follow us and get all the latest news and information.

