

Supporting The ABCs of Mental Health at Home

School Council Forums 2021



Alicia Keys' Good Job



Personal Reflections:

- What are some messages that are conveyed to you?
- How did you personally connect with the song/video?
- What might be some emotions that you feel while watching the video?

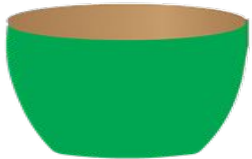
[YouTube Video](#) Length 4:12

Caring & Learning Plan Guiding Principles

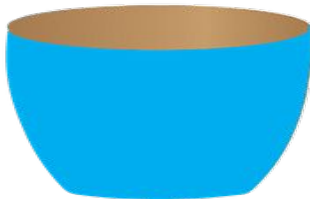
- 1. Well-being and emotional connections are prioritized to intentionally establish healthy, safe, inclusive, and critically conscious learning and working environments.**
2. Relationships among staff, students and families are foundational for building the social fabric of our learning and working communities such that they are founded on justice and safety for all students.
3. Decision-making centres students, families and staff who have been and are systemically marginalized and oppressed and/or are experiencing vulnerabilities.
4. High expectations for all, with attention to identity-affirmation, appropriate instructional starting points and scaffolded and differentiated learning so all can thrive.

The ABC's Of Mental Health: *A Nested Approach*

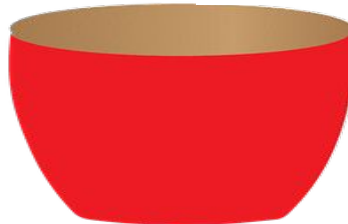
Caring and Learning Plan



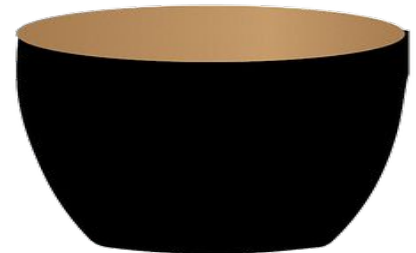
Compass Points



PA Day Learning



MH lesson Series



Acknowledge, Bridge, and Connection

The ABC Framework

Acknowledge and honour the emotional impact of the last year, and how social connections may have been negatively impacted for both staff and students.

Bridge to and centre student and staff identities, personal and community assets, and experiences as we return by giving ourselves permission to prioritize mental health and well-being.

Connection is vital. Mental health, emotional connection, and well-being are the priority. A “connection gap” must be acknowledged and addressed first. Learning cannot occur unless and until the emotional connection is addressed.

The ABCs of Mental Health Lessons K-12



What's In MY Invisible Tote Bag? Acknowledge

In thinking about **yourself** and “ What might be in your invisible Tote Bag” ?:



- Record your responses on the template to the following questions:
 - What might you have learned from the past year's experience that has changed your life in a positive way?
 - How has the pandemic affected the way you feel about: a) school/work b) relationships with colleagues, friends, family c) hopes/dreams for the future?
 - How have school/work closures and/or working online affected you?
 - How have the challenges of interacting face to face and/or virtually affected **your** feelings of belonging?

What's In THEIR Invisible Backpack?

In thinking about **our children**’ *“What’s In Their Invisible Backpack?”*:



- How has the pandemic impacted children and the relationships in their lives with their loved ones, peers and their ability to hope for the future?
- How has the pandemic impacted the way they feel about school? a) school/education? b) relationships with friends, family c) hopes/dreams for future?
- How have school closures or on-line learning impacted their feelings about school or their ability to learn?
- How have the unique challenges with face-to-face and virtual learning impacted feelings or social belonging?

Repacking My “Tote Bag”

As you think about *“Repacking My Tote Bag With Positive Experiences,”* record your responses on the template to the following questions:

- What are some experiences or things that bring you joy?
- What might be something that you are most proud of?
- What do you consider to be your superpower or strength?
- What makes you feel relaxed or calm?



Group Share

In the chat box, please consider:

- Decide which areas of your “Invisible Tote Bag” or “Repacking My Tote Bag” you would like to share with the group.
- Share what you are comfortable sharing, listening is OK too .



Resources

We recognize the important role that families hold in the development and support of your child's well-being. The following resources may help you support your child and their learning at school.

[How to Talk With Your Child When you Feel Concerned They may be Struggling With a Mental Health Problem](#)

This resource offers parents and families helpful tips and suggestion to help support conversations with your child about their mental health

[YRDSB Student Mental Health Supports](#)

This page provides an overview of some of the YRDSB mental health supports available, family mental health newsletters, and partnerships with community mental health agencies.

YRDSB.ca Web Page [“The ABCs of Mental Health”](#)

Family Mental Health [Newsletters](#)

Web events : **Coming Soon!**



Thank you!

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