



THORNLEA SCHOOL COUNCIL NEWS

VOLUME 1 ISSUE 13

MAY 4, 2023

**TICKETS
ON SALE**

Coffeehouse and
Immersive Art Exhibit
Tuesday, May 9

Annual Athletic Awards
Banquet
Tuesday, June 6

55th Anniversary Reunion
Saturday, June 17



PLEASE JOIN US AT THE
NEXT SCHOOL COUNCIL EVENT:

RAISING RESILIENT KIDS

TUESDAY, MAY 16, 2023 @ 7PM

According to the Canadian Mental Health Association and the Canadian Paediatric Society, about 1 in 5 children and youths will face mental health challenges. Tween and teen years are a formative time for developing healthy emotional, social, and physical habits that will carry over into adulthood. Adults who experienced strong emotional connections with their family as youth are less likely to develop mental illness. In a world where digital disinformation and cyberbullying have become increasingly common, it is even more important to maintain an open communication channel and provide a positive environment at home for our growing tweens and teens.

Please join us at the Raising Resilient Kids mental health seminar, where we can learn strategies for navigating social media, engaging in difficult mental health conversations, and creating a positive home environment for our youths.

Please fill out the **RSVP form** to let us know you will be joining us. Hope to see you there!

RESOURCES



Daily announcements website

School Council News
back issues

School Council meeting
agendas/minutes

Thornlea School Council

Executive Members

Myra C. (Co-chair)
Eva S. (Co-chair)
Diana L. (Communications)
Sharon A. (Extracurricular)
Claudia M. (Secretary)
Jim Z. (Treasurer)

Contact Us

thornlea.ss@sc.yrdsb.ca

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You're Invited



RAISING RESILIENT KIDS

A WORKSHOP ON CULTIVATING GREAT MENTAL HEALTH IN YOUR CHILDREN

DATE: MAY 16TH @ 7PM

LOCATION: THORNLEA SECONDARY SCHOOL

SCHOOL ADDRESS: 8075 BAYVIEW AVE, THORNHILL, ON L3T 4N4

Learn strategies for navigating social media, having difficult mental health conversations, and creating a positive mental health environment at home for teenagers. You will also learn about the holistic approach to great mental health.

By the end of this workshop, you will leave with practical tools & tips that you can immediately use to improve you and your family's mental health and wellbeing. This workshop will cover the essential foundations of great mental health.

Hosted By:

Dr. Bisleen Attli, ND



THE MENTAL EMPOWERMENT CENTRE

CONTACT:

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WEBSITE