

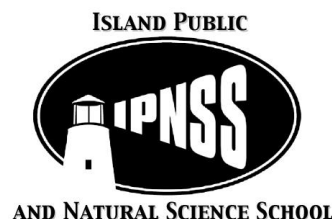
Island Breeze



The Newsletter of
Island Public School
Phone: (416) 393-1910
Boat Supervisor: (416) 729-7183



Island Public/Natural Science School
30 Centre Island Park, Toronto, ON M5J 2E9
Scott Woolford, Principal
D. Hawker-Budlovsky, CAP Outdoor Ed
Mary Linton, Superintendent of Education
Stephanie Donaldson, School Trustee



School Website: <http://schools.tdsb.on.ca/island>

End-of-January 2021

Hello Island Public School Families:

It's [Bell Let's Talk Day](#) on Thursday January 28 and the TDSB is joining the conversation to raise awareness and encourage discussions about mental health. One in five Canadians will experience a mental health illness at some point in their life, and most will be cautious about talking about it or reaching out for help. For anyone living with a mental illness, stigma is one of the biggest hurdles to overcome. In fact, it is why two-thirds of people do not seek help. Bell Let's Talk Day reminds us that talking is the best way to start breaking down the barriers associated with mental illness and accessing mental health support. As always, the mental health and well-being of our students continues to be our priority at IPS. On Bell Let's Talk Day we will take some time to have classroom discussions about mental health and well-being. Our very own Nicole McSweeney, TDSB Social Worker has shared an introductory video provided by TDSB Professional Support Services about getting the conversation started around mental health and well-being: [Talking Mental Health](#). This issue of the Island Breeze has resources also provided by TDSB Professional Support Services to support the well-being of IPS students, staff and families.

Regards,

Scott Woolford, Principal

School Office Hours
8:30 a.m. to 4:30 p.m.
Monday to Thursday
(to 4:00 p.m. on Fridays)

A Glance Ahead

- Jan. 28th – Bell Let's Talk Day
- Feb. 2nd – Groundhog Day
- Feb. 4th – Virtual Storytelling (Viola Desmond Won't Be Budge!) (K to Gr. 6)
- Feb 8th – Toronto Fire Services Virtual Safety Presentations (K to Gr. 6)
- Feb. 9th – Term 1 Report Card Sent Home
- Feb. 9th - Virtual Storytelling (The Spirit of Harriet Tubman) (Gr. 3 to 6)
- Feb. 11th – Dance Your Heart Out Dance-A-Thon
- Feb. 12th – Term 1 Parent/Teacher Interviews
- Feb. 15th – Family Day Holiday

SchoolConnects **Safe Arrival Program**

If your child is absent, please leave a voice message on our Safe Arrival line (code 1). Please do not email your child's absence as staff may not be available to access or pass on the information to the appropriate staff.

When you receive a call, you are required to listen to the entire message and follow the prompts accordingly.

5 Helpful Messages to Support Mental Health & Well-Being

ONE: Recognizing Stress

We all feel stress, but we might experience it differently. Stress can affect how our minds think and our bodies feel. During COVID, there are so many more things that are out of our control and that can make us feel more stressed. Some signs of stress include: **sleeping too much or too little, changes in eating, butterflies in your stomach, feeling worried and not feeling well.** It's important to remember that not everyone reacts to the same things in the same way. *Sometimes it's okay not to be okay.*

TWO: Taking Care of Yourself

When you're feeling stressed, it's important to take care of yourself! Simple ways to take care of yourself include:

- **Taking care of your body.** Take deep breaths or stretch. Try to eat healthy meals, exercise regularly, and get enough sleep.
- **Connecting with others.** Talk to your parents, teachers or friends about how you are feeling.
- **Doing things you like.** Play games, colour, go for a walk, or do any other activity that makes you feel good.
- **Focusing on things you can control instead of worrying about what you can't.** You can't decide when schools will reopen, for example, but you can decide when you'll do your homework.

Think of some other ways you can take care of yourself!

THREE: Taking Care of Others

It's important to take care of yourself. **Helping others can also help you too!** Here are some ways that you can help someone else who might be feeling stressed or worried right now:

- **Give them a chance to talk about their feelings**
- **Let them know that their feelings are okay**
- **Give them some ideas for how they can help themselves feel better or who else they can go to for help**
- **Do something fun together**

FOUR: Reach Out for Support

Let's share different ways that you can connect to help. If you or a loved one are struggling and:

- **Sleeping too much or too little**
- **Feeling really worried, down or out of control**
- **Feeling angry, guilty, helpless, numb, or confused**
- **Not wanting to get out of bed**
- **Having trouble concentrating**
- **Eating too much or too little**
- **Having little patience**

There are lots of places where you can get help! Here are some ideas:

- **You can talk to your parent, teacher or other caring adult at home, school or in the community**
- **Call or text the [Kids Help Phone](#)**
- **Talk to your doctor**
- **Speak to someone at the [What's Up Walk-In® clinic](#)**
- **Look into information from [Mind Your Mind](#)**
- **Get help from a community mental health agency such as [Lumenus](#) or [Strides Toronto](#)**

FIVE: End Stigma

We'll be talking about stigma and how we can help end it. Stigma is when people are judged by others in a negative way. Stigma is the number one reason that a lot of people don't get help when they need it. They're worried about what other people will say or think about them if they have a problem.

Here are some ways you can help:

- **Be careful with the words you use**
- **Be kind**
- **Be a good listener**
- **Let others talk about their feelings**

Many people with mental health issues can and do feel better, just by talking about it.

Supportive Resources for IPS Parents & Families

- [Noticing Mental Health Concerns for Your Child](#) from School Mental Health Ontario
- [Your Child's Mental Wellness and Remote Learning](#) from Children's Mental Health Ontario

Social Emotional Posters

These posters are great for elementary students' social-emotional learning. They align with the practices for [everyday mental health practices](#). Consider printing and posting any of these posters to help support the social-emotional learning of your child. *Which one did you use today, when and why?*



Tips To Support Caregiver Mental Health

Mental Health and Well-Being Resources During COVID-19

The health and well-being of all our students will continue to be our priority. During the remote learning time, teacher will continue to provide activities that support the health and well-being of our students. Please continue to reach out to the school during these unprecedented times. Families are encouraged to visit the TDSB webpage for [Mental Health and Well-Being Resources](#).

Below are some COVID-19 Specific Resources that are helpful:

- [Wellness Together Canada](#)
- [Youth Mental Health Resource Hub](#)
- [How to Support your Child's Mental Health During Covid-19](#)
- [Talking to Children about Covid-19 and Its Impact](#)
- [Coping with @Home Learning: Caregiver Tips](#)
- [TPH COVID-19 Mental Health Resources](#)