

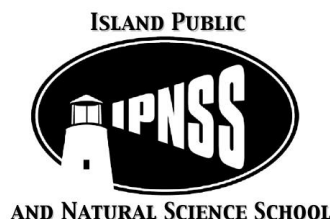
# Island Breeze



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  
**Mary Linton**, Superintendent of Education  
**Stephanie Donaldson**, School Trustee



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

## End-of-January 2022

Hello Island Public School Families:

On Wednesday January 26<sup>th</sup> the TDSB recognizes [Bell Let's Talk Day](#), which raises awareness and encourages discussions about mental health and well-being. Mental health stigma is one of the biggest hurdles and this day reminds us that talking is one of the best ways to start breaking down the stigma. As always, the mental health and well-being of our students, staff and families continues to be our priority. We will continue 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 is dedicated to sharing resources provided by TDSB Professional Support Services. These resources help continue the conversation through mental health choice boards, well-being daily activities, and the board's [mental health and well-being webpage](#) for a variety of other ways to connect and be supported.

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. 26 – Bell Let's Talk Day**
- **Feb. 1 – New Kindergarten Registration Begins**
- **Feb. 2 – Groundhog Day**
- **Feb. 3 – [Black Canadian 365 Pres. w/ D.O. Gibson](#)**
- **Feb. 7 – Toronto Fire Fighter Safety Presentations**
- **Feb. 15 – Term 1 Report Card Sent Home**
- **Feb. 18 – Term 1 Parent/Teacher Interviews**
- **Feb. 21 – 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:***

- **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 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 [Family Care Centre](#)
- Get help from a community mental health agency such as [Mental Health TO](#)

### 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

## Tips To Support Parent & Caregiver Mental Health



### Immediate Support & Help Contacts



Mental Health & Well-Being  
Choice Boards  
for Parents & Caregivers

## Virtual Drop-in hours

Join our Virtual Drop-ins

Tuesdays 10 a.m. – 11 a.m.

Thursdays 7 p.m. – 8 p.m.

[www.tdsb.on.ca/virtualsupport](http://www.tdsb.on.ca/virtualsupport)

Connect with Professional Support Services staff to explore ideas related to your child's mental health and well-being



Connect with TDSB Professional Support Services

[Click here](#) to find out more!



TDSB Monthly Well-Being & Mental Health for Students with Special Educational Learning Needs

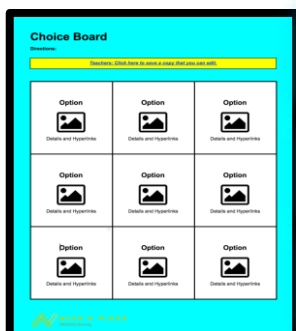
Monthly Well-Being & Mental Health Activities for Kindergarten to Grade 3

TDSB Monthly Well-Being & Mental Health Activities for Grade 4 to 8

## 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?*

## Student Mental Health & Well-Being Choice Boards



• Kindergarten & Grade 1 Students

• Grade 2 to 5 Students

• Grade 6 to 8 Students

Easy & Fun  
Mental Health  
Activities for Home