

Island Breeze



The Newsletter of
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Children's Mental Health Week

#CopingCaringConnecting

This year, the TDSB and IPS recognize Children's Mental Health Week (CMHW) from May 3rd to May 7th. To help support student mental health and well-being for all, the Professional Services team has developed a wide variety of resources in line with this year's theme of Coping, Caring and Connecting. We encourage you to explore the links and resources that support the well-being of all.

[Children's Mental Health Week 2021](#) – Interactive Resource Kits

Click on the interactive resource kits that is designed for you and explore the many resources!

- [Primary Students](#)
- [Junior Students](#)
- [Teen or Secondary Students](#)
- [Students with Special/Complex Needs](#)
- [Parents/Caregivers](#)
- [Educators](#)

[The First 10 Day \(and Beyond\)](#)

IPS has utilized these activities and resources throughout the year to support discussions and learning around mental health and well-being. This resource continues to be relevant and great activities to support our student's well-being and mental health.

[TDSB Mental Health and Well-Being Resources During Covid-19](#) – VIRTUAL DROP-IN

The TDSB offers virtual drop-in sessions to directly connect with TDSB Professional Support Services staff.

[Self-Compassion & Empathy Presentation \(Zoom Link to Come\)](#)

On Wednesday May 5th beginning at 7pm at the School Council meeting Nicole (Social Worker) will be presenting about Self-Compassion and Empathy.

[Live Feed of Room 102 Chicks](#)

These soft cuddly newly hatched chicks are so cute and worth taking a look to brighten your day!