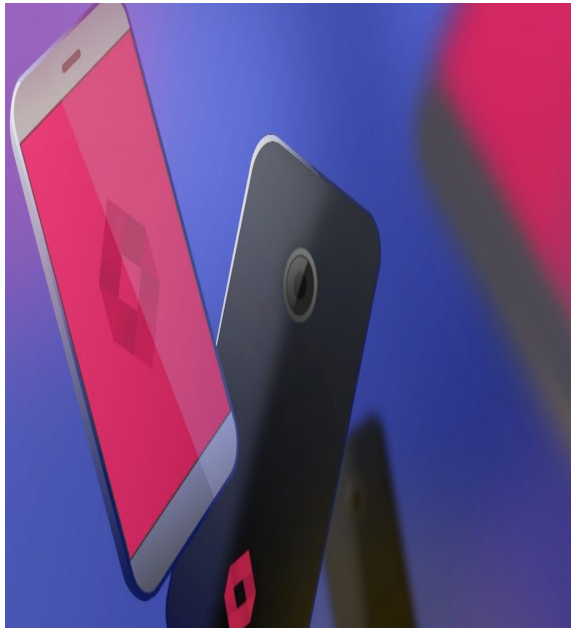


Cairine Wilson SS - Student Services

Student Wellness

Dear CW Students and Families,

With all of these new challenges in our lives as a result of the Covid 19 pandemic, we, as guidance teachers, wanted to reach out to you to remind you that we are here to support you. This newsletter is focussing on student wellness because we realize that our students and their families are faced with learning in a whole new way and that we will have to work together to meet this challenge. We have provided resources for students who are struggling being away from their friends and school activities. This is a very difficult time for every student. Please remember: this is temporary! For now, we encourage you to do the best that you can and to reach out to us if you have questions or need help.



There's an App for that!

There are indeed lots of Apps out there to support you when you get a little overwhelmed. Here are a few you may want to try. Check them out in your app store and see what works best for you.

- **Calm**
- **Smiling Mind**
- **Healthy Minds**
- **Headspace**
- **Mindshift**

You can connect with your guidance counsellor through email

- Mr. Kirby - letters A-L (first letter of surname) (jason.kirby@ocdsb.ca)
- Mr. Wolfe - letters M-Z (russell.wolfe@ocdsb.ca)

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- Ms. O'Donnell - Guidance Technician (transcripts, scholarships, volunteer hours, OUAC/OCAS) (donna.odonnell@ocdsb.ca)

SCHOOL IS IN MY HOUSE?!

Yes, indeed! Instead of heading down the hall to your classroom, you are walking to your kitchen, or bedroom, or wherever you have set yourself up to “do school.” Here are some TIPS to help you stay focussed on your learning:

1. Set up your “classroom”

It is best to arrange an area that you will recognize as a school work area. If possible, set up at a table, a chair, with your paper, pens, pencils, and digital device (if you have one). This may be something you have to do daily if you are using a common family space like the kitchen.

2. Minimize distractions

Remember how your teacher would close the classroom door if there was noise in the hallway? That’s because it distracted everyone from the lesson. So where possible turn off or remove the things that will pull your focus away - t.v., phone, radio, etc. And while good lighting is important, it’s probably best to not be facing a window. Look! A squirrel!



3. Set time limits and breaks

Just like in school, no one expects you to sit and work for hours. Try working in 30-40 minute blocks with breaks in between. Standing up and moving around is important during those breaks. It gets your blood flowing better and helps to refocus your brain when you resume your work.

4. Snacks!!

Make sure you are “refueling” on a regular basis. Just like a car, your brain will sputter and stall if you are not putting some brain fuel in. Having a piece of fruit,

cheese/crackers, granola bar, or handful of nuts (as long as you are not allergic) will help your brain concentrate and problem-solve when you need it to.

5. Hydrate, Hydrate, Hydrate!

Your brain - and the rest of your body - needs hydration to work at an optimum level. The best hydrator? WATER. Strangely enough, it's one of the things we tend to forget. Have a glass or bottle (reusable, of course!) next to you as you work and take regular sips.

6. Sleep

Your parents bug you about it all the time. "It's getting late! Go to bed!" or "Get up! You're going to be late for school!" And once you fall asleep there just does not ever seem to be enough of it! We all know that sleep is key to being able to learn and focus. But you can do it! Try your best to get at least a solid 8 hours.

So How Are You Staying Active?

PAUSE - Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

As Little as 10 Minutes of Activity Can...



SELF-CARE is an important part of wellness. Take time and discover what helps you to feel good and recharged!

CONNECT - Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with family and friends online help to increase your levels of happiness.

BREATHE - Sometimes all you need is to take a minute and breathe to refocus. Rapper JusTme demonstrates a breathing technique called Finger Tracing:
<https://vimeo.com/227543542>

We would also like to provide you with some community resources if you require additional mental health support.

- YSB Crisis Line (available 24/7) 613-260-2360 or chat.ysb.ca
- Kids Help Phone (available 24/7) 1-800-668-6868 or text CONNECT to 686868
- Ottawa Distress Centre: 613-238-3311
- Western Ottawa Resource Centre 613-591-3686
- Parents Lifeline of Eastern Ontario (9:00am to 7:00pm) 613-321-3211
- Ottawa Rape Crisis Centre: 613-562-2333
- Sexual Assault Support Centre: 613-234-226
- Children's Aid Society of Ottawa - child protection services: 613-747-7800

In addition, our board has compiled resources to provide information and tips to support student well-being during the COVID-19 pandemic.

https://www.ocdsb.ca/our_schools/novel_coronavirus_information_for_parents/mental_health_during_covid-19

We are sending good thoughts to you and your family.

