

A Wellness Message

Holy Spirit Catholic Schools
Coordinator of Counselling and Wellness
September 8, 2020



Self-Care September 2020 Be kinder to yourself

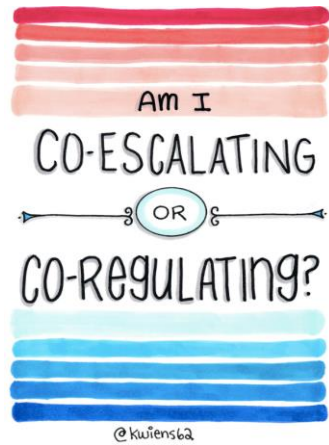


[Self-Care September 2020](#) (link)

Well-being is a Team Sport...

Teachers and staff will be doing their best to protect your children and themselves. Showing kindness, and remembering that school staff have the best interest of their students at heart will help us stay positive and reduce anxious thoughts. **Be kind.**

“Children need others to model and support well-being. As teachers and parents...we can help create the conditions for well-being by **showing children** how to handle difficult situations, how to react when you are sad or angry — and that it’s OK to be sad and angry — how to be flexible when plans change, and how to ask for help when you don’t understand something.” (Werklund School of Education University of Calgary, Dr. Erika Makarenko, PsyD, Director of Integrated Services Nov., 2019)



Please reach out to the **Family School Liaison Counsellor** at your child’s school regarding access, information and/or referrals for counselling support

“Breathe”

programming soon to be available in schools - facilitated by our Mental Health Capacity Building Team

Family-Centre <https://www.famcentre.ca/>

Lethbridge Family Services
<https://www.lfsfamily.ca/content.php?p=31>

Alberta Health Services,
Addictions & Mental Health
counselling (403.381.5278 child),
(403.381.5260 adult)

Family Ties
<https://www.familyties.ca/home>

Boys and Girls Club Lethbridge
<https://bgcletbridge.com/index.html>

Big Brothers Big Sisters Lethbridge
<https://lethbridge.bigbrothersbigsisters.ca/about-us/>

Interfaith Food Bank 403.320.8779
Lethbridge Food Bank 403.320.1879
Kidsport Lethbridge 403.359.8200
YWCA <https://ywcalethbridge.com/>

Show Children and Youth How to Breathe...to Regulate



[Balloon Breathing-Kids Help Phone link](#)



[Breathe Video](#) (1:08 minute clip)

Positive, Tolerable, and Toxic Stress...Brain Architecture

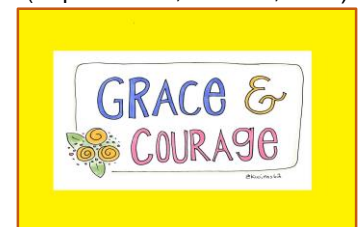
This Alberta Family Wellness Initiative video explains how negative experiences in childhood can impose large costs on **brain health** and development later in life.
[AFWI Toxic Stress](#) (4:07 min)

Why Breathe...Regulate

Well-being is a lot like happiness. It is a long journey, not a destination. A well child isn’t always happy, or successful, or emotionally regulated. **A well child is one that can adapt — to their own feelings, to new situations, and to setbacks and struggles.** Developing a strong foundational knowledge about how **children’s and adolescent’s brains** develop, will better equip teachers, staff and families to support the needs of our students.

Watch and hear from elementary school students learning to use breathing to navigate complex feelings-EXCELLENT!
[Just Breathe-Kids Share Why](#) (3:41 minutes)

“Let us ask for the grace to approach everyone as a brother or sister, and never to regard anyone as an enemy.”
(Pope Francis, June 13, 2020)



Link to Wellness Newsletters
https://www.holyspirit.ab.ca/resources_publications/health_wellness