

## Family Newsletter:

# Mental Health and Well-being for Learning



PRAIRIE SPIRIT  
SCHOOL DIVISION

February 2025

## The Essential 8

**Mental Health and Well-being for Learning: The Essential 8** (right) highlights the eight areas identified by Prairie Spirit as being foundational for mental health and well-being for learning.

These eight priority areas are the focus for Prairie Spirit staff in supporting students in safe, caring and healthy schools.

We're sharing this information with families so we can work together to support the mental health and well-being of all students.

This newsletter will focus on two of the Essential 8 areas for families to consider:

- **Mental Health Literacy**
- **Student, Parent and Community Engagement**



## Mental Health Literacy

Anxiety is one of the most common mental health concerns for children and adults. Families play an essential role in helping their child or teen foster skills to manage anxiety.

Anxiety Canada provides the following resources to support families:

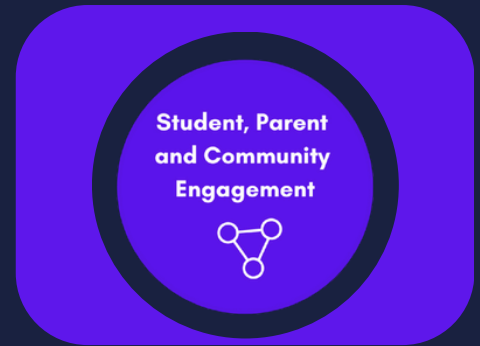
- [Anxiety 101: What you \(and your child!\) need to know about anxiety.](#)
- [The ABC's of anxiety: Understanding how anxiety works](#)
- [When anxiety becomes a problem: What's normal and what's not](#)



## Student, Parent and Community Engagement

Prairie Spirit's **School Community Councils (SCCs)** work co-operatively with schools to support opportunities for student learning, growth, and well-being. SCCs provide advice and recommendations to school teams about the learning needs and wellbeing of students.

The **Martensville-Warman Early Years Family Resource Centre** is a welcoming space where young children from prenatal to age 5 and their parents and caregivers can bond, learn and grow together. You can play with your child, meet people and get advice from early childhood professionals. There is no cost for families to visit the Centre.



Family Day events and activity resources:

- [Family Day Events in Saskatoon](#)
- [Saskatoon Family Expo](#) - Saturday, February 15
- [Family Literacy Resources](#)
- [Plan a Family Fun Day](#)
- [Active for Life](#) - Activities and games for kids

### Rapid Access Counselling (RAC)

Child and Youth Rapid Access Counselling (RAC) in Warman is intended for children ages 6-17, as well as their caregivers.

This is a provincially funded program that is **free for families** to use throughout the province. While RAC is not considered crisis counselling, the program is a way for families to access counselling quickly with limited barriers and without being added to a waitlist.

**Virtual counselling is available to support families outside the Warman area.**

For more information and to book an appointment: [www.counsellingconnectsk.ca](http://www.counsellingconnectsk.ca)

