

## Family Newsletter:



PRAIRIE SPIRIT  
SCHOOL DIVISION

January 2025

# Mental Health and Well-being for Learning

## 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 three of the Essential 8 areas for families to consider:

- **Mental Health Literacy**
- **Physical Literacy**
- **Social Emotional Learning**



## Mental Health Literacy

Mindfulness is the ability to fully engage in the present moment. Being mindful can reduce feelings of anxiety and stress by increasing awareness and acceptance of thoughts and emotions. Practicing mindfulness can increase attention span, well-being and resiliency.

The following links provide mindfulness resources and strategies:

- [What is mindfulness and how can I practise it?](#) (Kids Help Phone)
- [Mindfulness 201: Bringing Mindfulness to Parenting](#) (emental health.ca)



## Physical Literacy

Physical literacy is the development of skills, confidence and a love of movement to be physically active for life. This development occurs through a variety of structures and unstructured activities. Increased self-esteem and happiness are benefits of being physically active.

Outdoor Play Canada's [adventure calendar](#) provides a new activity every day of the year. [Physical Literacy Saskatchewan](#) also has many awesome resources and articles to support families and communities.

## Social Emotional Learning

Developing and maintaining healthy relationships is integral to social and emotional growth. The following skills contribute to the development of positive relationships:

- Knowing how to make friends
- Being able to solve problems with others
- Developing effective communication skills

The following links provide more information and resources to support social and emotional learning and development:

- [Social and Emotional Learning: Tips for Families](#) (Kelty Mental Health Centre)
- [Social Emotional Learning framework](#) (CASEL)



## 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)



## Strengthening Minds, One Tip at a Time

If you would like to receive weekly tips to support mental health and well-being for your family, as well as strategies to foster a positive mental health culture, please go to the following [link](#).

These tips are provided by the Saskatchewan Industry Education Council, a local organization that supports students in Saskatoon and area, including Prairie Spirit School Division.

