

Family Newsletter:

Mental Health and Well-being for Learning



PRAIRIE SPIRIT
SCHOOL DIVISION

March 2025



Mind Over Matters is a local education initiative that supports mental health literacy through all stages of growth and development.

As part of Mind Over Matters, Prairie Spirit families can access a weekly resource called: **Strengthening Minds One Tip at a Time:**

- Weekly Mental Health Tips: receive a short, actionable tip designed to enhance coping strategies, boost emotional resilience, and promote overall well-being.
- Evidence-Based Strategies: each tip is grounded in research and will be tailored for the challenges educators and families face.



Please complete this [form](#) to receive this weekly resource in your inbox.

These resources are offered by the Saskatchewan Industry Education Council (SIEC), an organization that brings together industry and local school divisions, including Prairie Spirit, to support students.



Navigating the Tech Revolution Tuesday, May 6, 7 - 8 p.m.

This special presentation by Dr. Shimi Kang will provide tools for parents and caregivers to support their child in a digital world.

This is an eye-opening, free presentation for parents and caregivers. You can attend in person at Centennial Collegiate in Saskatoon or join online.

Please go to the following [link](#) to register.

Offered by SIEC as part of the Mind Over Matters conference.

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:

- **Student, Parent and Community Engagement**
- **Food Literacy**

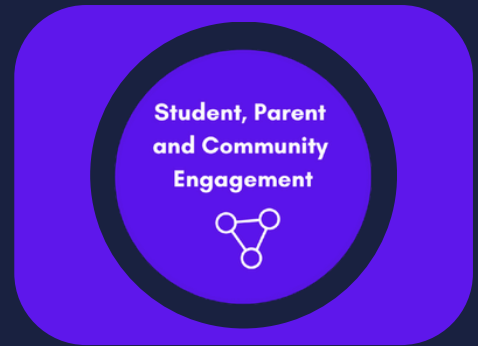


Student, Parent and Community Engagement and Resources

Prairie Spirit recently offered families the opportunity to view *Screenagers: Under the Influence*. This documentary examines the impact of our digital age on teens' decision-making in relation to substances such as vaping, drugs and alcohol.

The [Screenagers website](#) is a great source of information and helpful resources.

Thank you to the many Prairie Spirit schools, SCCs and families who joined this awesome learning event. Prairie Spirit appreciates our partnership with SIEC which made this event possible.



Food Literacy

Prairie Spirit Strategic Facilitators recently offered a food neutrality learning opportunity for teachers. Here are a few learning highlights:

- Food neutrality encourages a balanced, non-judgmental attitude toward food. It focuses on removing labels like "good" or "bad" when it comes to eating choices, helping children develop a healthy relationship with food.
- Food neutrality supports the idea that all foods can be enjoyed in moderation, helping kids feel empowered to make choices based on their hunger, preferences, and overall well-being.
- Food neutrality can help reduce the risk of disordered eating and foster positive body image from a young age.

Additional resources:

- [Tiny Seed Nutrition - Intuitive Eating](#)
- [Food to Fit - Kids and Candy](#)
- [What is a Food Neutral Classroom](#)

Rapid Access Counselling (RAC)

Family Service Saskatchewan's [Rapid Access Counselling Program](#) is delivered through a partnership of member agencies in communities across Saskatchewan.

Counselling sessions are available to children, youth, adults, and families in Saskatchewan.

Virtual counselling is available to support families across Saskatchewan.

For more information and to book an appointment: www.counsellingconnectsk.ca

