District 18 – OSSTF Supports UGDSB Initiative

Mental Health Week and Well Being Week

As most of you will know, May 1 to 5, 2017 marks Mental Health and Well Being Week with the UGDSB. This a week to focus on the education and caring of both staff and students to improve individual mental health.

This year, a District 18 – OSSTF Executive representative was invited onto the committee to participate in the sharing of ideas and planning manageable activities throughout the week. District 18 also financially supported this initiative by contributing to the cost of the SUPER posters.

Each day there is a specific focus for Schools, students and staff to concentrate on:

Have a SUPER week!

Monday May 1 Social Connections

Tuesday May 2 Understanding Emotions

Wednesday May 3 Personal Health

Thursday May 4 Empowerment

Friday May 5 Resilience

The Wellness Department of UGDSB has amped it up with SUPER staff activities to complement the daily focus.

It is estimated that 1 of 5 Canadians will experience a Mental Illness throughout their lifetime. Let’s support each other in these preventative initiatives.

