

# Monthly Wellbeing

# April



## Peace



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

### What is Peace?

Peace is when we work together to positively problem solve situations and work together to improve quality in our lives.

### Peace-Making

- ◆ Promotes fairness
- ◆ Requires positive relationships
- ◆ Requires collaboration with schools and communities
- ◆ Is active and involves student choice and voice

When the above points are practiced and maintained, a greater sense of peace and balance can be found. Connecting all of these healthy peace-making habits allows students and educators to live faithfully by acting as a vessel of the word of our lord, enhancing wellbeing. A sense of fairness and equity as a result of advocacy and student voice results in positive wellness for everyone.

### Giving Peace

- ◆ Practice acceptance
- ◆ Have them share ideas
- ◆ Encourage positive thoughts
- ◆ Surround them with positive people
- ◆ Allow a quiet space to reset their brains
- ◆ Develop leadership skills
- ◆ Teach mindful listening
- ◆ Let them have fun

### Peace Resources:

**School Mental Health Ontario**

<https://smh-assist.ca/>

**Mental Health America**

<https://www.mentalhealthamerica.net/>

**Seeds of Peace**

<https://www.seedsofpeace.org/>

### Peace Challenge

Brainstorm the different ways you can show peace to one another –in class, at home, in the community, and extracurricular activities. Out of these ways start with one you can make happen, push yourself out of your comfort zone and lend a helping hand to a place or person. After take the time to reflect on how you think you made a difference. Continue with these actions –people learn from what they see, let them see the peace you are creating.

### Reminder!

**Ask your children about Mind-UP. A program done within our classrooms that encourages peaceful practices!**



**Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Colossians 3:15**

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