



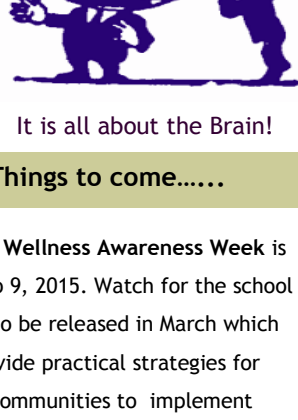
"Give acknowledgement to others for doing positive things outside their comfort zone."

# The Brain Health Newsletter

A few facts:

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- Helping children learn **self control** when they are young can assist them with their healthy growth and development and practicing ways to cope later on in life.
- Children need 12 hours of sleep a day, adolescents need 9 hours of sleep a day and adults need 8 hours....getting enough sleep can have a positive impact on our brain health.
- Adult role modeling and treating others with respect is the best way to address kindness, mental wellness and anxiety in children and youth.
- Eating healthy foods high in calcium and omega 3 can improve your brain health and help avoid sadness.



It is all about the Brain!

## Things to come.....

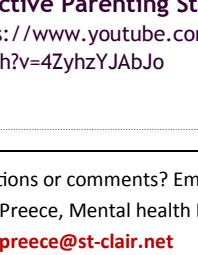
**-Mental Wellness Awareness Week** is May 3 to 9, 2015. Watch for the school toolkit to be released in March which will provide practical strategies for school communities to implement activities to promote awareness.

**-BE Safe App** for students will be launched in our schools in the Spring. It will provide students with education about mental wellbeing, safety plans and local resources.

### Positive Psychology...PRACTICE IT!

Practice positive psychology in your school, and classrooms

1. Smile everyday and say hello to **all** students. See who smiles back! Smiles are contagious.
2. Allow 5 minutes everyday for students to practice prayer, meditation and mindfulness.
3. Create quiet spaces in your classroom which allow for students to pull away and ease transitions if they have trouble coping.
4. Introduce positive voice sessions in your class as it can increase positive behaviours. Encourage them to journal or say aloud kindness messages to themselves and others everyday.



### Parent Videos

**Promoting Mental Wellness in Children**  
<https://www.youtube.com/watch?v=KXJ7PuHJU&list=PL7A0F2D1AB6588897&index=15>

**Impact of Social Media on Child Development**  
<https://www.youtube.com/watch?v=joQUf5Gom94>

**Effective Parenting Styles**  
<https://www.youtube.com/watch?v=4ZyhzYJABJo>

Questions or comments? Email Chris Preece, Mental health Lead, [chris.preece@st-clair.net](mailto:chris.preece@st-clair.net)

## Flexibility and Resilient Thinking

Reflect on your own behaviours by asking yourself the following questions:

1. Do I like to solve my own problems?
2. Do I seek to **not** blame others?
3. Do I look for the positive coming from a "not so positive" situation?
4. Do I engage in positive talk at school and home?
5. Do I speak positively to others?
6. Do I encourage positive behaviours from students and not focus on the negative?
7. Do I praise others and the students I work with?

If you answered yes to most of these questions you are a realistic optimist and not a pessimist...give yourself a big hug!