



ST. CLAIR CATHOLIC
DISTRICT SCHOOL BOARD

MEDIA RELEASE: FOR IMMEDIATE RELEASE

Tuesday, June 2, 2020

OUR VISION

Catholic Education † Future Ready

Catholic Education Centre

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ST. CLAIR CATHOLIC SUPPORTING GOOD MENTAL HEALTH AND WELLBEING FOR STUDENTS AND FAMILIES

All this week, St. Clair Catholic is featuring the work of its Student Support and Wellbeing Team, as they continue to actively engage students and families during the school closure period as a result of the COVID-19 pandemic.

“During these uncertain times, anxiety is more keenly felt by some students and families,” says Deb Crawford, Director of Education. “That is why our Student Support and Wellbeing Team has been at work every day connecting with those who need our help.”

Social Workers and Child & Youth Counsellors have reached out to more than 800 students and families during the school closure period since March 13 and are supporting more than 300 students and families on a consistent weekly or bi-weekly basis. This may include connecting with individuals in crisis who need on-going care; or, wellbeing check-ins to provide coping strategies. Some staff are also doing small group work with students online to support their social emotional needs.

The Student Support and Wellbeing Team has also developed seven learning modules to help build capacity for other staff, as they focus on student wellbeing topics such as dealing with anxiety, resiliency and recognizing mood disorders.

Each week, the team offers Serenity Sessions for parents, students and staff that focus on self care and coping. The student sessions are Wednesdays at 2:00 p.m. The parent sessions are on Fridays at 10:00 a.m.

For more information about St. Clair Catholic’s mental health and wellbeing supports visit the Learning at Home Hub at <https://hub.sccdsb.net/mental-health-wellbeing> or contact Mental Health Lead Chris Preece at chris.preece@st-clair.net

Watch for our social media posts all this week on Facebook, Twitter and Instagram.