



St. Clair Catholic Students Partner with Blackburn Radio to Share 'Mindful Messages' in Support of Mental Wellness

All through Catholic Education Week and Mental Health Week, which run concurrently from May 6 to 10, positive 'Mindful Messages' will be broadcast on Blackburn Radio in Sarnia and Chatham. The messages were developed by students at Holy Trinity Catholic School in Sarnia and St. Anne Catholic School in Blenheim.

"I want to thank Blackburn radio for this amazing partnership, through which these uplifting and inspiring messages of hope and encouragement by our students are being shared with listeners across the district," says Scott Johnson, Director of Education.

The messages are also posted to the Board website [here](#).

The theme for Catholic Education Week 2024 is *We Are Called to Love*, which embraces the St. Clair Catholic District School Board's focus on inclusion and equity for all. During Mental Health Week, we also recognize the challenges to personal and spiritual well-being, which confront many of us.

"Through this activity, our students have explored various ways to support their own mental health, while also looking to inspire others," says Daniel Cicchelli, Grade 7/8 teacher at Holy Trinity Catholic School, Sarnia.

"Our students have worked collaboratively to create these messages, knowing that they can have an impact on others in our school and beyond," says Melissa Tosh, Grade 5/6 teacher at St. Anne Catholic School, Blenheim.

Branded as 'mindful messages' the public service announcements were recorded by the students and produced by Blackburn, to include an announcer intro, which credits the students with "...encouraging hope and positivity in our community."

"Special thanks to George Hayes and the great staff at Blackburn Media for helping us to share these positive messages with the community," says Mr. Johnson. "What a tremendous opportunity to extend our learning beyond the classroom. Well done to our students and staff!"

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