

Thrive

January 2025

Supporting Mental Health and Well-Being



January is a time for Self-Control

When we turn over the calendar page to 2025, we turn our minds to the year ahead. The virtue of self-control/decision-making is essential during January, as we start the new year and think of resolutions. While it can sometimes feel overwhelming to set goals and make long-term decisions for the year, Pope Francis reminds us that "we are called to keep our hearts open to hope and to trust in God, who makes himself present, accompanies us with tenderness, sustains us in our weariness and, above all, guides our path." We can choose to act with self-control by managing our emotions and impulses, while being patient and loving towards others and ourselves. In this issue, you will find resources that can support self-regulation and well-being as we help students develop into self-directed, responsible, lifelong learners.



Student Voice



Wellness Advocates at St. Teresa of Avila CES



Follow the **DP.Champions** instagram account for more student-created resources



Prayer

God, open our hearts, ears, minds, and bodies to receive your love and care. Help us to find the time and space to draw near to you. We desire to listen to your voice, but we don't always know how. Grant that we may listen to your word and act accordingly. We ask this in Jesus' name. Amen

(Source: Raising Kids Who Care, 2018)



Virtue of the Month: Self-Control

Self-control is the ability to manage our emotions and impulses. Incorporating activities on self-control and decision-making in the classroom will help to promote the social emotional competency of executive functioning by creating opportunities for students to develop their critical thinking skills.

[Click here to access the Reconnecting with the Roadmap to Mental Health and Well-being: Linking Virtues to Wellness in the Classroom](#)

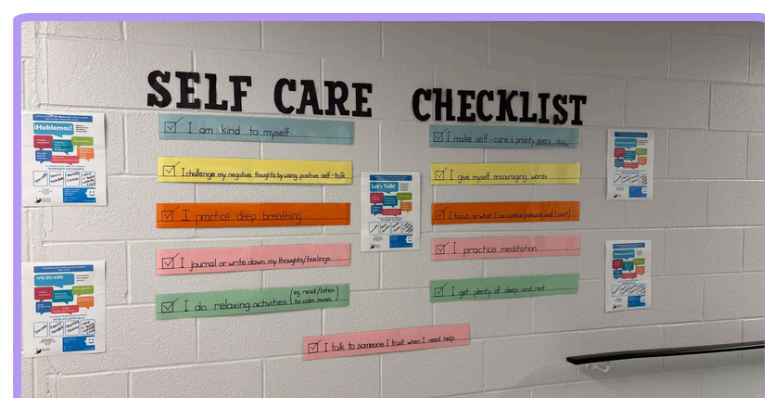


Sleep is an important component of wellness as it helps with both physical and mental well-being. Getting enough good quality sleep boosts health, mood, and academic performance. Students can try incorporating good sleep habits as part of their exam preparation process this January.

"If we love one another, God lives in us." (1 John 4:12)

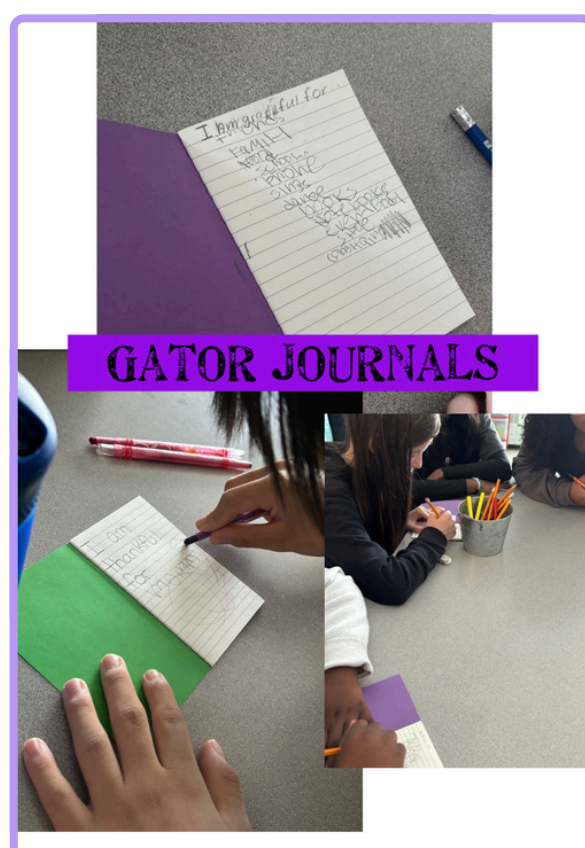


Mental Health and Well-Being in DPCDSB Schools



Wellness Team in Action at
St. Francis of Assisi CES

Click on the photos for details!



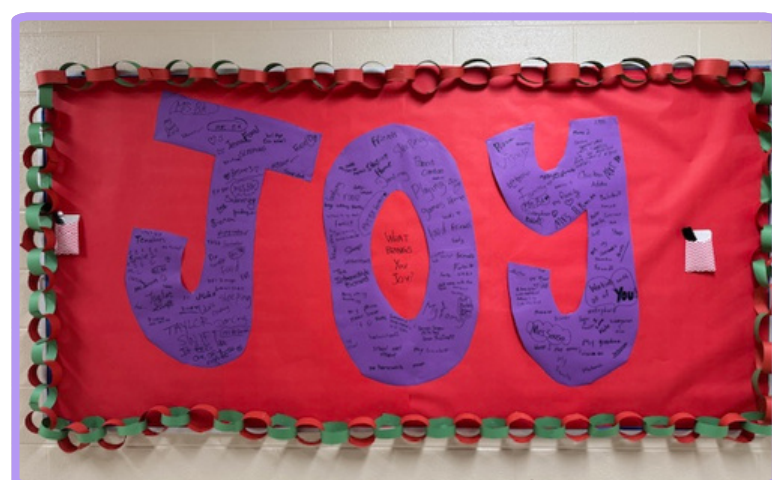
"G. Leaders" at St. Monica CES



Everyday Wellness at
Blessed Michael J McGivney CES



Bullying Prevention Reel Competition
at Cardinal Ambrozic CSS



Interactive Wellness Boards at
St. Catherine of Siena CES

Dufferin-Peel is committed to helping staff, students and families thrive each day. The identified system priorities highlight the many ways that well-being is woven throughout all that we do. You can find more about the [Guiding Framework](#) on the [Well-Being SharePoint](#) site.



Click here to share what your school is doing to promote Mental Health and Well-Being.



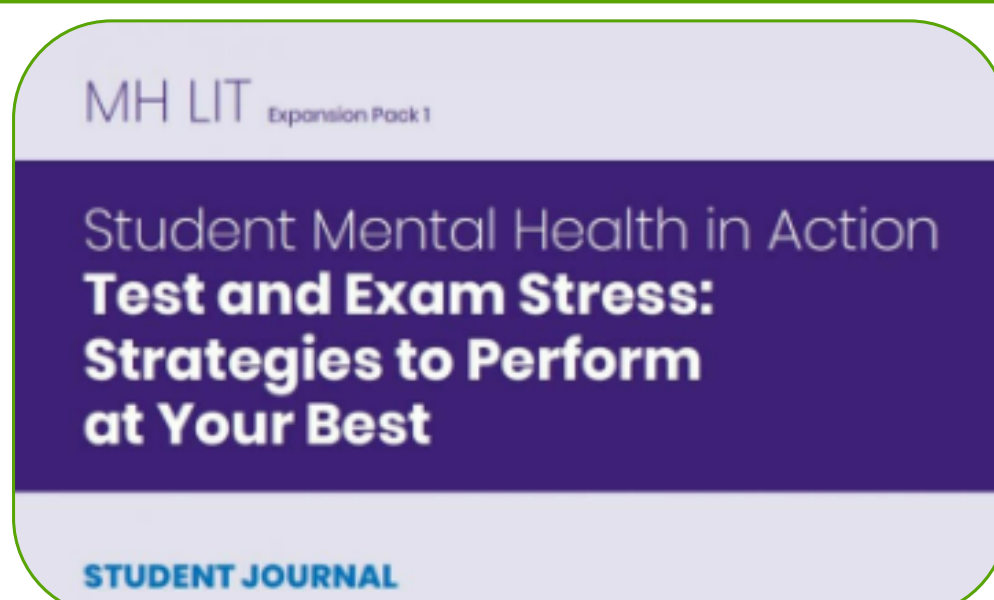
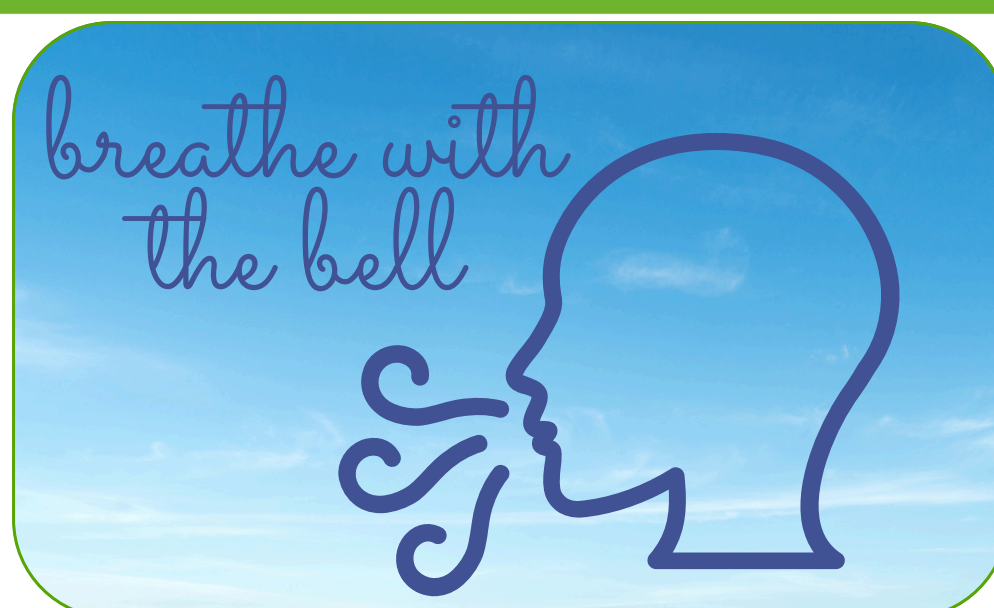
School
Mental Health
Ontario

Click on the resources below from School Mental Health Ontario to access the full version. Note: Teachers are encouraged to use professional judgement aligned with OCT guidelines when utilizing any outside resources in the classroom.

January is a good time to revisit some daily mental health practices with students as they may find it challenging to return to routine after the winter break.

School Mental Health Ontario tells us that guided breathing exercises are an effective tool to help students regulate emotions. You can try the [Breathe With the Bell](#) activity with students of all ages. This is a great way to help students notice what their mind/bodies tell them, so they can adopt strategies that will help them focus, self-regulate and calm feelings of anxiety.

Teachers of grades 7-12 are welcome to use the [SMHO MHLIT: Student Mental Health in Action](#) resource called the [Test and Exam Stress Expansion Pack](#). This resource was created to help prepare students to better manage stress associated with tests, exams, and other performance-based situations. The package includes a [Strategies to Perform at Your Best Lesson Plan](#), and a [Student Journal](#).



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Helpful Links

[DPCSDB Mental Health School Support](#)

[Well-Being SharePoint Site](#)

[Religious Education & Faith Formation SharePoint Site](#)

[Support Services, Special Education and Learning Services SharePoint Site](#)

[Equitable & Inclusive Education SharePoint Site](#)

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