

A Wellness Message

Holy Spirit Catholic Schools

Coordinator of Counselling and Wellness

June 8, 2020



Please reach out to the Family School Liaison Counsellor at your child's school for virtual counselling to support your child or for information about virtual parent support groups.

This **Joyful June** Calendar has daily actions for **June 2020** to help us look for what's good even in difficult times.



<https://www.actionforhappiness.org/joyful-june>

Prayer in Difficult Times...

We are reminded by Pope Francis that, "We cannot tolerate or turn a blind eye to racism and exclusion in any form. At the same time, we have to recognize that violence is self-destructive and self-defeating. Nothing is gained by violence and so much is lost. Let us pray for reconciliation and peace."

How to Talk with Kids About Racism and Racial Violence

Dr. Briscoe-Smith is a child psychologist and the director of Diversity, Equity and Inclusion at the Wright Institute. She specializes in supporting families through trauma and with racialized trauma in particular. She supports families in talking about race.

Encourage open conversation by modeling calm behavior while providing information in a developmentally appropriate way. Provide reassurance, empathy and encouragement in the face of uncertainty.



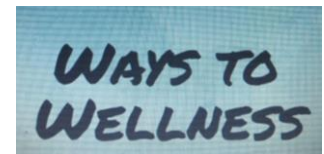
Click on the link below to read the full article

[How to Talk with Kids About Racism and Racial Violence](#)

Open Conversation with Kids [Tip of the Day - Talking to Kids](#) (1:39 Minutes)

So how do we talk with kids about big, important topics like racism? What you say depends on your experience, but here are some guiding steps for you to consider as you talk with your kids about tough topics:

- Check in with yourself first
- Create a safe space
- Listen to our children
- Important stuff, in small doses
- Cultivate stories of resilience
- Commit to action, any action



Taking care of your health means taking care of your mind too. AHS shares some simple steps you can take to help you improve both your physical and mental health.

<https://www.youtube.com/watch?v=4ju2G3KtKNA>
(2:42 Minutes)

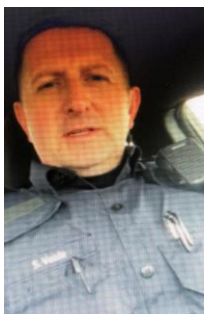
Check out the AHS Ways to Wellness Mental Health Week Challenge <https://www.albertahealthservices.ca/amh/Page13618.aspx>



<https://theworkingmind.ca/continuum-self-check>

Focus On What You Can Control...

When you are experiencing stress and you feel yourself getting caught up in fear of what might happen, try to shift your focus to things you can control. Step away from social media if you start feeling overwhelmed.



Cst. Veale

Cst. Veale shares some great **safety tips** for students when they are home alone. Click link below

[Being Safe at Home](#)
(6:21 minutes)

Consider a Family Media Agreement-Click link below [Family Media Agreement](#)
Social Media Parent's Checklist-Click link below [Social Media Parent's Checklist](#)



Kindness and Empathy

Using Kind Words for Kids



<https://www.centervention.com/kind-words-lesson-and-printable/>

<https://media.centervention.com/pdf/Kind-Words-Worksheet.pdf>

[Beautiful Butterfly Coloring Pages](#)

https://www.holyspirit.ab.ca/resources_publications/health_wellness Link to Wellness