

Please take some time to review the sessions that were presented today and ask your child which ones he/she found the most helpful.

**ASK YOUR CHILD(REN):**

- Which sessions helped calm your mood?
- Which strategies do you think you might use at school the next time you are feeling nervous/stressed/anxious?
- How could these strategies help at home too?

*“Positive mental health is foundational to student academic achievement.”*

*-Carney, 2015*

For more information, please visit the Simcoe County District School Board website, [www.scdsb.on.ca](http://www.scdsb.on.ca), and click on Programs; Safe and Healthy Schools; Mental Health



**Minesing Central  
Public School**

April 28th, 2017

**MINDFUL MUSTANG  
MOMENTS 2017**

**What is Well-Being?**

*A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.*

*-World Health Organization*

**There are key parts that make-up well-being:**

**Cognitive:** The development of abilities and skills such as critical thinking, problem solving, creativity, and the ability to be flexible and innovative.

**Emotional:** Learning about experiencing emotions, and understanding how to recognize, manage, and cope with them.

**Social:** The development of self-awareness, including the sense of belonging, collaboration, relationships with others, and communication skills.

**Physical:** The development of the body, impacted by physical activity, sleep patterns, healthy eating, and healthy life choices.



**It is important to nurture all of these components in order to achieve well-being.**

**Mindful Mustang Moments at Minesing Central**

At Minesing Central, our goal is to promote a culture of wellness and a sense of belonging. Today, our students attended well-being sessions around the school which gave them the opportunity to examine different strategies that can help relieve stress and anxiety and understand and cope with emotions.

Here is the list of our sessions:

**Music** – Learn how music can affect our mental health.

**Yoga and Meditation** - Learn the benefits of yoga and meditation.

**Nutrition and Mental Health** - Learn how eating well affects our bodies and mind.

**Art** – Learn how art is beneficial in boosting mental wellness and reducing stress.

**DPA** – Learn how being active can promote good mental health.

**Personality Colours** – Learn your personality type and how it affects our relationships with others.

**Masks** – Learn how hiding our feelings and true self can have an impact on our mental well-being.

**Team Building Activity** – Learn how working together and building healthy relationships can promote well-being.