



MIND • BODY • SPIRIT  
BE WELL

As part of PVNCCDSB's renewed Be Well Strategy, we are pleased to introduce our MIND • BODY • SPIRIT framework. We hope that you will find this useful in your ongoing work to embed concepts and practices for well-being into daily teaching and learning in explicit and intentional ways. While the pillars of this framework are depicted separately, we know that they are all interconnected aspects of well-being that are constantly interacting with one another in dynamic ways that affect our health and success at school. Within this framework, we also pay attention to the importance of equity, inclusivity, and safety, as necessary conditions for well-being.

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Dear School Staff Member,

As part of **Open Minds, Healthy Minds**, Ontario's ten-year Mental Health and Addictions Strategy, school boards across the province have been engaged in capacity building efforts to promote, support and enhance mental health and well-being at school. In 2013, PVNCCDSB launched our Be Well Strategy, which focused on the priorities of building awareness, capacity and culture to support all learners to Be Well.

As we enter into the next phase of our work, we are pleased to introduce our **MIND • BODY • SPIRIT** framework. With this we aspire to engage our whole learning community in an ongoing dialogue about mental health and well-being. We hope that you will find the framework useful in your continuing work to embed concepts and practices for well-being into daily teaching and learning in explicit and intentional ways. Within this electronic resource package, you will find:

- ❖ A poster series for use in schools and classrooms
- ❖ A resource page to support curriculum instruction
- ❖ A resource page for staff wellness

While the pillars of **MIND • BODY • SPIRIT** are depicted separately, we know they are all interconnected aspects of well-being that are constantly interacting with one another in dynamic ways that affect our health and success at school. We also pay attention to the importance of equity, inclusivity, and safety, as necessary conditions to promote well-being for all. Finally, we want to underscore that this work is about all of us. We understand that in order for students to Be Well, we need to support the well-being of staff too. Our renewed Be Well Strategy reflects our ongoing commitment to this work.

Sincerely,

Jennifer Angelo  
Mental Health Lead  
**jangelo@pvnccdsb.on.ca**  
(705) 748-4861, Ext. 215

Corrie McInroy  
Staff Wellness Co-ordinator  
**cmcinroy@pvnccdsb.on.ca**  
(705) 748-4861, Ext. 285



## Resources for Staff Wellness

### **Mental Health in the Workplace / Resiliency**

[www.workplacestrategiesformentalhealth.com](http://www.workplacestrategiesformentalhealth.com)

[www.camh.ca](http://www.camh.ca)

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

<http://isfglobal.org>

<https://www.stressstrategies.ca>

<http://www.mentalhealthworks.ca>

\*\* EAP resources are also available

\*\* Current provider Humanacare - [www.humanacare.com](http://www.humanacare.com)

### **Public Health Regional Offices**

<http://www.peterboroughpublichealth.ca>

<http://www.hkpr.on.ca>

<http://www.durham.ca>

### **Crisis Services / Hospital Programs**

**Four Counties Crisis: Community Mental Health Crisis Response Program**

<https://rmh.org/programs-and-services/crisis-response-program>

<http://www.ontarioshores.ca/>

<https://www.lakeridgehealth.on.ca>

[www.nhh.ca](http://www.nhh.ca)

**Peterborough and Northumberland Victim Services & Support**

<http://www.mentalhealthhelpline.ca>

## **Bereavement Services**

**Bereaved Families of Ontario**

<http://www.bereavedfamilies.net>

## **Health Coaching Video Resources**

Dr. Mike Evans - Whiteboard videos on a variety of Health topics including Stress, Back Pain, Resilience, PSA ( Prostate Health), Concussion

[www.reframehealthlab.com](http://www.reframehealthlab.com)

Dr. Seema Mehawa

<https://www.youtube.com/watch?v=dkGSXmDdSEE>

Kid President- Inspirational Videos

[kidpresident.com](http://kidpresident.com)

## **Ergonomics**

Car seat adjustment Video

[www.youtube.com/watch?v=CV5wl2oATn0&noredirect=1](http://www.youtube.com/watch?v=CV5wl2oATn0&noredirect=1)

Take a Stand - ERGO tips to reduce sitting

[www.juststand.org/Portals/3/literature/TakeaStandInfographic.pdf](http://www.juststand.org/Portals/3/literature/TakeaStandInfographic.pdf)

Neck Stretches

[lakeridgechiropractic.ca/images/exercise/Neck%20stretches.pdf](http://lakeridgechiropractic.ca/images/exercise/Neck%20stretches.pdf)



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# Elementary School Resources

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## Curriculum Resources for Educators (Elementary)

### **PVNCCDSB Guidelines for Selecting Mental Health Presentations and Activities:**

<https://www.pvnccdsb.on.ca/en/ourboard/resources/MentalHealthGuidelines.pdf>

### **General Resources:**

School Mental Health ASSIST: <https://smh-assist.ca/>

EduGains: <http://edugains.ca/newsite/mentalHealth/>

Creating and Sustaining Mentally Healthy Classrooms Webinar:

<https://smh-assist.ca/online-learning/>

The MEHRIT Centre Self-Regulation Toolkit: <https://self-reg.ca/toolkit/>

### **Kids Can - Building Resilient Kids**

### **Supporting Minds - An Educator's Guide to Promoting Students' Mental Health and Well-Being**

### **Indigenous Education:**

Walking the Path - please contact Sherry Lajoie for more information

[slajoie@pvnccdsb.on.ca](mailto:slajoie@pvnccdsb.on.ca)

### **Curriculum Links:**

The topic of mental health and well-being can be woven across all curriculum areas however there are explicit links to the **Ontario Health and Physical Education Curriculum** and to **Religious Education and Family Life**.

**MIND:** This icon represents the importance of positive mental health concepts such as hope, optimism, gratitude, resilience, a positive thinking style, social-emotional skills and self-regulation to overall well-being.

Psychology Foundation of Canada Lesson Plans (free, downloadable):

**Kids Have Stress Too (Gr. 1-3)**

**Stress Lessons (Gr. 4-6)**

**From Stressed Out to Chilled Out (Gr. 7-9)**

**OPHEA Teaching Tools - Mental Health**

**BODY:** This icon focuses on core factors impacting all aspects of well-being including mental, physical and emotional health. These factors include sleep, nutrition, hydration and physical activity.

Canada's **Eat Well Plate** – The food guide made easy!

**Canadian 24-Hour Movement Guidelines for Children and Youth**

– sleep, screen time, physical activity

**GoNoodle** – Free streaming of mindfulness and movement activities for the classroom.

**SPIRIT:** This icon symbolizes the foundational role that faith, **our Gospel values and our Catholic Social Teachings** have in terms of our overall well-being as an individual, a community, and as a society. As we support students to achieve the **Catholic Graduate Expectations**, we develop their capacity for the expression of wholeness and holiness in their lives.

**Pray-As-You-Go:** Daily prayer meditations

**The Examen:** Prayerful reflection technique from the Ignatian Spiritual tradition



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# Be Well



**DIDN'T PRETEND  
I WAS FINE  
WHEN I WASN'T**



**TOOK  
TIME TO  
RECHARGE**



**DIDN'T  
BOTTLE  
IT UP**

# ***FEELING FEARLESS!***



**ASKED FOR  
HELP**



**DID  
MY BEST**

**#PVNCBeWell**

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# Be Well



SAW  
THE  
GLASS  
AS  
HALF  
FULL



GOT AT LEAST  
8 HOURS OF  
UNINTERRUPTED  
SLEEP



GOT  
MY  
SWEAT  
ON

# FEELING AWESOME!



ATE A HEALTHY  
BREAKFAST



HYDRATED  
WITH H2O

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# Be Well



**GOT INVOLVED IN  
MY COMMUNITY**



**CONNECTED WITH MY  
FAMILY & FRIENDS**

# ***FEELING JOYFUL!***



**STOOD UP  
FOR WHAT I  
BELIEVE IN**



**DOING MY  
PART FOR THE  
ENVIRONMENT**



**TALKED TO GOD  
THROUGH PRAYER**

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# Secondary School Resources

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## Curriculum Resources for Educators (Secondary)

### **PVNCDSB Guidelines for Selecting Mental Health Presentations and Activities:**

<https://www.pvnccdsb.on.ca/en/ourboard/resources/MentalHealthGuidelines.pdf>

### **General Resources:**

School Mental Health ASSIST: <https://smh-assist.ca/>

EduGains: <http://edugains.ca/newsite/mentalHealth/>

Creating and Sustaining Mentally Healthy Classrooms Webinar:

<https://smh-assist.ca/online-learning/>

The MEHRIT Centre Self-Regulation Toolkit: <https://self-reg.ca/toolkit/>

### **Teens Can: Building Resilient Teens**

### **Supporting Minds - An Educator's Guide to Promoting Students' Mental Health and Well-Being**

### **Indigenous Education:**

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**MIND:** This icon represents the importance of positive mental health concepts such as hope, optimism, gratitude, resilience, a positive thinking style, social-emotional skills and self-regulation to overall well-being.

Psychology Foundation of Canada Lesson Plans (free, downloadable):

**From Stressed Out to Chilled Out (Gr. 7-9)**

**OPHEA Teaching Tools - Mental Health**

<http://youth.anxietybc.com/>

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Canada's **Eat Well Plate** – The food guide made easy!

**Canadian 24-Hour Movement Guidelines for Children and Youth**

– sleep, screen time, physical activity

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Express gratitude daily.

Practice optimism.

Take time to restore.

Talk it out.

Ask for help.

Repeat for life.

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Eat well.  
Move daily.  
Hydrate often.  
Sleep soundly.  
Repeat for life.

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Have faith in God.  
Connect with family  
& friends.  
Get involved.  
Take care of the earth.  
Stand up for your beliefs.  
Repeat for life.

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**PETERBOROUGH VICTORIA NORTHUMBERLAND AND CLARINGTON  
CATHOLIC DISTRICT SCHOOL BOARD**

1355 Lansdowne Street West  
Peterborough, Ontario  
K9J 7M3

**Phone: (705) 748-4861 • Fax: (705) 748-9734**

**1-800-461-8009**

**Visit our web site: [www.pvnccdsb.on.ca](http://www.pvnccdsb.on.ca)**

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