



Fact Sheet

Return to School: Support for Families



The health, safety and well-being of students and staff is a top priority as schools are reopening. SGDSB recognizes the unique challenges that COVID-19 has placed on individuals and families. Many of us are concerned about our physical and mental well-being. We are ready to return to learning with a continued focus on the social emotional growth of our learners. We want to provide resources and support to our students and families for the upcoming 2021-2022 school year.

We understand the importance of addressing the well-being of our students and communities through the integration of culturally relevant pedagogy, equity, learning about self-regulation, implementing positive behaviour strategies, engaging in self-care and building social emotional skills. We are all together as we strive to engage in learning no matter the environment.

Tips to Manage Return to Learning

We are hopeful for the future and how we are managing the COVID pandemic. These continue to be stressful times and we are all required to adapt. It is okay that this is challenging. Make sure that you are reducing pressure on yourself and your family. Make sure that you are reaching out to your school principal and school staff when you need assistance or

are feeling overwhelmed. Review the following tips to aid you in managing return to learning in fall 2021.

Take care of your mental health

Make sure you are practicing self-care, coping with stress in healthy ways and taking care of your mental health and the well-being of your family. Reach out to community services if you are needing extra support.

Focus on nutrition, sleep and exercise

Eat a well-balanced diet at regular intervals throughout the day. Utilize Canada's Food Guide. Avoid excessive caffeine and alcohol consumption and try to cook healthy meals together as a family.

Practice good sleeping habits. Have reasonable bed and wake up times. Avoid leaving tasks until late evening and late online or screen activities. Find relaxing activities to wind down. Sleep and nutrition are important in maintaining a healthy body and good immune system.

In North-Western Ontario, we can still practice social distancing and get outside. Plan for regular outdoor activity! Go for a walk, hike, snowshoe, go play in the back yard, shovel. If you have difficulty getting out, you can do yoga

Reach out
to your
child's
educator
and review
challenges.

Connect
with other
parents to
see what
they are
doing to
navigate
challenges.

Prioritize your
well-being and
your family's
mental health.
These are
challenging
times and we
need to focus on
balance and
access our
resources as
needed.



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Develop a routine

As we prepare through the summer, a good strategy is to set a routine for your whole family with a regular wake time, bed time, nutrition breaks, family breaks, exercise breaks and blocks of time for work. The best time to get work done is early morning, especially if you have children at home.

Exercise your brain- limit or reduce screen time

It is important to take a break from screen time, especially social media and news broadcasts. Keeping our minds stimulated is important to mental well-being. Learn a new skill, do something creative, do an online course, read a book or engage in professional learning.

SGDSB: Fundamental and Core Beliefs

*Well-being, health and safety continue to be our primary focus. Prioritizing relationships and fostering connections are important.

*We are still in a pandemic and we are working to minimize risk. Risk cannot be eliminated.

*We have all encountered unique challenges during the COVID-19 pandemic. We must be aware of this and practice from a trauma informed approach.

*We are focused on careful planning and making intentional decisions. We will continue to be flexible and respond to the needs of our families and communities following the direction of provincial and federal governments.

*We are all adapting. We are committed to learning, relationships and well-being regardless of the environment.

*We will continue to learn to understand and manage stress: our own first, before we can help our students, families and co-workers manage theirs.

*We are all constantly learning and moving towards personal growth and well-being.

**Community Mental Health Services**
North of Superior Programs
1-877-895-6677
Ojibwa Anishinabek Family Care
1-833-919-4240
Mental Health and Addictions Nurses
(for students only)
1-800-626-5406

**Phone and Crisis Services**
Kids Help Phone
1-800-668-6868
Crisis Support Line
1-888-269-3100

**Online Resources and Support**
School Mental Health Ontario
<https://smho-smso.ca/covid-19/>
COVID-19 Youth Mental Health Resource Hub
<https://jack.org/covid>
Children's Mental Health Ontario
<https://www.cmho.org/covid19>

MENTAL HEALTH SERVICES, RESOURCES & SUPPORTS
COVID-19 has, and will continue to impact the mental health of people everywhere. At Superior-Greenstone District School Board, we want information on mental health and COVID-19 to remain top of mind and encourage everyone to be intentional about taking care of their overall well-being. During stressful times taking a proactive approach and knowing where to turn for information and support is essential. Take care of yourself, and each other.
BE INTENTIONAL ABOUT YOUR WELL-BEING
PRACTICE WELLNESS EVERYDAY

TIPS FOR MENTAL HEALTH

1. DEVELOP A ROUTINE
2. PRACTICE SLEEP HYGIENE
3. EXERCISE EVERYDAY
4. FOCUS ON HEALTHY EATING AND NUTRITION
5. EXERCISE YOUR BRAIN: LIMIT SCREEN TIME
6. STAY CONNECTED WITH FRIENDS AND FAMILY
7. REACH OUT FOR SUPPORT WHEN YOU NEED IT



*We will be providing learning opportunities with careful consideration to where our learners are at. We will place emphasis on embedding social-emotional learning in all environments.



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Ontario Government Learn at Home Resources:

https://www.ontario.ca/page/learn-at-home#resources_parents

School Mental Health Ontario

<https://smho-smso.ca/parents-and-families/>

Self-Regulation

<https://self-reg.ca/>

Sleep Hygiene and Routine

<https://www.anxietycanada.com/sites/default/files/SleepHygiene.pdf>

Nutrition

<https://foodguide.canada.ca/en/>

Exercise

https://csepguidelines.ca/wp-content/themes/csep2017/pdf/Canadian24HourMovementGuidelines2016_2.pdf

Mindfulness

<https://www.nytimes.com/guides/well/mindfulness-for-children>

Maintaining Balance: Staying Connected to Land, Culture & Language

<https://oneca.com/documents/Maintaining%20Balance.pdf>

DEVELOPING A ROUTINE: A GUIDE FOR KIDS
building consistency at home

A daily routine is very important for kids to thrive in life! It is especially important during these times, as many of us have new and different challenges due to the COVID-19 pandemic. With some parents working from home, and kids learning from home, having a routine can help us ALL manage our day, reduce stress and make sure that we are all getting what we need! Routines can help kids feel grounded and relaxed. In fact, knowing what to expect during the day, at mealtimes, mornings and bedtimes can bring a sense of relief during stressful times. Routines have to be based on your family's needs. Consider your unique situation!

TIPS

- Plan out your family's routine and write it down.
- Sit down as a family to develop your routine so that everyone has input.
- Keep routines regular even on weekends and holidays.
- Make your routine predictable so things happen in the same order each time and we know what to expect each day.
- Have a regular sleep schedule with bedtimes and wake up times.
- Make sure you are eating healthy foods at meal time.
- Schedule exercise and outside breaks every day.
- Make time for school work during reasonable hours.
- Schedule time for FUN, PLAY and family time.
- Routines with pictures or visuals are great!

helpful websites

<https://anotherfarfromhome.com/daily-routine-for-kids/>
<https://www.pricelessparenting.com/chart-for-kids>
<https://www.todaysparent.com>

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