



WINNIPEG SCHOOL DIVISION

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## **NEWS RELEASE/MEDIA INVITE**

### **Winnipeg School Division Healthy Minds Week 2018**

#### **Reducing stigma, encouraging conversation**

**April 25, 2018 (Winnipeg, MB)** – Winnipeg School Division invites media to join WSD students, families and staff to join the ongoing conversation about mental wellness during the annual WSD Healthy Minds Week, being held April 30-May 4.

WSD has been holding the event since 2015 as a way to recognize and promote mental health literacy among students, families, staff and the community. As in previous years, organizers have aligned the event with the Canadian Mental Health Association's annual Mental Health Week.

WSD's Mental Health Steering Committee has planned a wide variety of mental health and wellness activities for the event (see below for a full schedule).

"One of our goals with our mental health steering committee is stigma reduction. We're encouraging students and staff to have conversations about mental health," said WSD Student Services Consultant Jón Olafson.

"When you look at statistics provincially and nationally, there are some significant concerns when you consider the current state of mental health for our children and youth. People may wonder if the problem is increasing, and sometimes, yes that is a possibility. But there are also more people talking about mental health now. The stigma is being reduced...and the culture is really shifting."

Olafson describes the event as a way to celebrate the many mental health programs and initiatives operating in WSD throughout the school year.

#### **Healthy Minds Week 2018 schedule**

##### **Monday, April 30**

##### **Healthy Minds Week Opening Ceremonies**

*RB Russell High School Theatre, 364 Dufferin Avenue*

**10:00 AM to 11:00 AM**

Keynote address: Kevin Lamoureux (Education Lead, National Centre for Truth & Reconciliation)

##### **Healthy Minds Community Resources Fair**

*RB Russell High School Gymnasium*

**11:00 AM to 1:00 PM**

Come learn about the various Winnipeg organizations that support the mental health and well being of our children, youth, and families. Light snacks available.

Media welcome. Contact at event is Jón Olafson.

### **Tuesday, May 1**

*The Circle and the Box*

*Prince Charles Education Resource Centre*

**9:00 AM to 12:00 PM**

Facilitated by: Sarah Gazan, MTS Staff Officer

An interactive & experiential learning activity that explores the impact of residential schools.  
WSD staff event. Media are asked to contact Radean Carter to arrange attendance.

### **Wednesday, May 2**

*Everybody has the Right (Grades 7 to 12)*

*Canadian Museum for Human Rights*

**9:30 AM to 2:00 PM**

EHTR & Healthy Minds partner to offer a day of learning focused on healthy relationships.  
Student event. Media welcome. Contact at event is Chantelle Cotton.

*WSD Healthy Minds Parent Session: The Impact of the Digital Age on Children and Adolescents.*

*Grant Park High School, 450 Nathaniel Street*

**7:00 PM to 9:00 PM**

Hosted by Dr. Simon Trepel, Child and Adolescent Psychiatrist

Presentation on screen time, smartphones, social media and video game addiction.  
Free. Media welcome.

### **Thursday, May 3**

*Everybody has the Right (Grades 4-7)*

*Canadian Museum for Human Rights*

**9:30 AM to 2:00 PM**

EHTR & Healthy Minds partner to offer a day of learning focused on healthy relationships.  
Student event. Media welcome. Contact at event is Chantelle Cotton.

### **Friday, May 4**

*A Mindful Moment*

**9:30 AM**

A division-wide mindful moment, including all WSD students and staff. Information packages to be distributed to schools.

Staff and student event. Media are asked to contact Radean Carter to arrange attendance.

*Mental Wellness Keynote Address: Project 11*

**9:30 AM to 10:30 AM**

*Elmwood High School Senior Gym, 505 Chalmers Avenue*

Speaker: Craig Heisinger, Assistant General Manager and Director of Hockey Operations for Winnipeg Jets  
Media welcome. Contact at school is Principal Mike Babb

WSD was established in 1871 and currently has 78 schools, 33,000 students and 6,000 employees. Its purpose is to provide a learning environment that fosters the growth of each student's potential and provide equitable opportunity to develop the knowledge, skills and values necessary for meaningful participation in a global and diverse society.

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