



NEWS RELEASE

Celebrating Healthy Minds across Winnipeg School Division

May 2, 2016 (Winnipeg, MB) – Winnipeg School Division (WSD) has aligned with the Canadian Mental Health Association’s Mental Health Week to raise awareness of mental health and wellness across the division. During the week of May 2 to 6, WSD is hosting a variety of activities for staff, students and parents to promote healthy minds and bodies.

Canadian statistics state that one in five youth (age 9 to 19) will experience a mental health problem or illness, while 70 percent of these mental health problems and illnesses have their onset during childhood and teen years.

“We embarked on a Healthy Minds initiative in 2013 to recognize and promote mental wellness and mental health literacy among our students, staff and community,” said Pauline Clarke, Chief Superintendent, WSD. “This is a week to celebrate positive mental health and the incredible work being done in our schools throughout the year.”

WSD has implemented a series of mental health promotion and social-emotional learning initiatives that teach coping skills and reduce stigma including mindfulness, cognitive-behavioural techniques, and self-regulation strategies.

The WSD Healthy Minds Week includes a gallery walk to showcase the many school-based mental health initiatives of the past year. There will also be several staff mental health strategy sessions. For parents and guardians, youth care specialist Charlie Appelstein will present *Helping your kids to be all that they can be: using a positive, strength-based approach for effective parenting* at St. John’s High School on Wednesday evening. Two *Tree of Life* events are also being held for parents (by registration only) at Cecil Rhodes and King Edward schools.

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