



Media Release

For Immediate Release
Monday, May 7, 2018

Mental Health Week Focuses on Wellness and Resiliency

Brantford Ont. – Talking and learning about the skills of being mentally healthy will be top of mind for Grand Erie District School Board students during this year's Mental Health Week. The annual celebration, which takes place this week (May 7-11), is focused on encouraging wellness and building resiliency.

"We can teach students how and why it's important to think, feel and be well, and to learn the skills to overcome challenges they may encounter in their lives," said Piyali Bagchee, Mental Health and Wellness Lead for Grand Erie. "The ability to recover from set-backs, adapt and overcome adversity are all important life skills."

During Mental Health Week, Grand Erie will participate in *'Let's Chalk'*, an activity where students write positive and encouraging messages in chalk around their school. *'Let's Chalk'* is an easy way for all students and staff to get involved, and is led by the Board's Child and Youth Workers, in collaboration with the Public Health Nurses.

"As part of spreading positive and encouraging messages, *'Let's Chalk'* activities allow students to reflect on their own well-being and gives them a chance to think of how they can incorporate positive and constructive thoughts and self-care into their lives," said Bagchee.

During Mental Health Week, activities will also be happening across Brant, Haldimand and Norfolk. For more information, refer to the Canadian Mental Health Association (<https://cmha.ca/>), Haldimand-Norfolk REACH (<http://www.hnreach.on.ca/>) or visit: <https://bhn.cmha.ca/mental-health-week-2018-is-coming-may-7-12-2018/>.

2018 Grand Erie *'Let's Chalk'* for Mental Health Week Events:

Monday, May 7:

- Waterford District High School – Morning
- Bellview Public School – 9 a.m. and 12:30 p.m.
- Centennial-Grand Woodlands School – 9 a.m.
- River Heights School – 9 a.m. and 1:30 p.m.
- James Hillier Public School – 10 a.m.
- Hagersville Secondary School – 10:15 a.m.
- Simcoe Composite School – 10:20 a.m. and 1:36 p.m.
- Grand Erie Learning Alternatives (GELA Brantford) – 10:30 a.m.
- Caledonia Centennial Public School – 11:00 a.m.
- Glen Morris Central Public school – 11:30 a.m.
- Lakewood Elementary School – 11:50 a.m.
- Fairview Avenue Public School – 12:30 p.m.

- Grandview Central Public School – 1:30 p.m.
- Paris Central Public School – 2 p.m.
- Waterford Public School – Afternoon

Tuesday, May 8:

- Boston Public School – 9 a.m.
- Oakland-Scotland Public School – 9 a.m.
- Prince Charles Public School – 9 a.m.
- Cedarland Public School – 9:30 a.m.
- Graham Bell-Victoria Public School – 10:30 a.m.
- Bloomsburg Public School – 11:30 a.m.
- Houghton Public School – 11:30 a.m.
- North Park Collegiate and Vocational School – 11:30 a.m.
- Echo Place School – 12 p.m.
- Mount Pleasant School – 12 p.m.
- Dunnville Secondary School – 12:20 p.m.
- Walter Gretzky Elementary School – 1:15 p.m.
- Port Rowan Public School – 1:50 p.m.
- Thompson Creek Elementary School – 1:50 p.m.
- École Dufferin – 2 p.m.
- Banbury Heights School – 2:05 p.m.

Wednesday, May 9:

- Hagersville Elementary School – All Day
- Delhi Public School – 8:50 a.m.
- Lynndale Heights Public School – 9 a.m.
- Oneida Central Public School – 9 a.m.
- Tollgate Technological Skills Centre – 9 a.m.
- Grandview Public School – 9:30 a.m.
- Brier Park Public School – 10 a.m.
- Delhi District Secondary School – 10:20 p.m.
- Major Ballachey Public School – 11:10 a.m.
- Paris District High School – 11:30 a.m.
- Courtland Public School – 12 p.m.
- Pauline Johnson Collegiate and Vocational School – 12 p.m.
- Greenbrier Public School – 12:15 p.m.
- Branlyn Community School – 1:15 p.m.
- Elgin Avenue Public School – 1:20 p.m.
- Valley Heights Secondary School – 1:45 p.m.
- Rainham Central School – 1:50 p.m.

Thursday, May 10:

- Burford District Elementary School – 8:45 a.m.
- Walter Gretzky Elementary School – 9 a.m.
- Princess Elizabeth Public School – 10 a.m.
- Brantford Collegiate Institute and Vocational School – 10:20 a.m.
- Central Public School – 11:10 a.m.
- Langton School – 11:05 a.m.
- Lansdowne-Costain Public School – 11:15 a.m.
- King George School – 11:30 a.m.
- Seneca Central Public School – 11:30 a.m.

- Onondaga-Brant Public School – 12:20 p.m.
- Russell Reid Public School – 12:30 p.m.
- River Heights School – 1:25 p.m.
- Agnes G. Hodge Public School – 1:45 p.m.
- North Ward School – 1:45 p.m.

Friday, May 11:

- Cayuga Secondary School – 9 a.m.
- Ryerson Heights Elementary School – 9 a.m.
- West Lynn Public School – 9 a.m.
- École Confédération – 9:30 a.m.
- Woodman-Cainsville School- 9:30 a.m.
- Walpole North Elementary School – 11:35 a.m.
- Teeterville Public School – Afternoon

Contact:

Kimberly Newhouse
Manager of Communications and Community Relations
Grand Erie District School Board
349 Erie Avenue, Brantford, Ontario, N3T 5V3
Office: 519-756-6301 ext. 281147 | Cell: 519-732-8540

www.GrandErie.ca