



Media Release

For Immediate Release
Monday, May 6, 2019

Mental Health Week 2019 Focuses on Wellness and Resiliency

Brantford Ont. – During Mental Health Week 2019, which begins today and runs through Friday (May 10), Grand Erie District School Board students will learn about the skills that help maintain positive mental health. The annual celebration is focused on encouraging wellness, building resiliency and increasing awareness of the importance of mental health.

“We’re teaching students of all ages 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 setbacks, adapt and overcome adversity are all important life skills.”

During Mental Health Week 2019, Grand Erie students 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. The activity is led by each school’s Child and Youth Worker, in collaboration with the local Public Health Nurse.

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

Mental Health Week activities will also be happening across Brant, Haldimand and Norfolk. For more information, refer to the Mental Health Week Facebook page (<https://bit.ly/2LhBds1>) as well as REACH’s Facebook page (<https://bit.ly/2LhClff>).

***Let’s Chalk* for Mental Health Week 2019:**

Monday, May 6:

- Ryerson Heights Elementary School – 9 a.m.
- Bloomsburg Public School – 9:30 a.m.
- Port Rowan Public School – 9:40 a.m.
- Houghton Public School – 11 a.m.
- J.L. Mitchener Public School – 11:30 a.m. & 12:15 p.m.
- Thompson Creek Elementary School – 11:30 a.m.
- Grandview Public School – 11:45 a.m.
- Bellview Public School – 12 p.m.
- Burford District Elementary School – 1:10 p.m.
- West Lynn Public School – 1:40 p.m.
- Rainham Central School – 2:30 p.m.

- Agnes G. Hodge Public School – All Day

Tuesday, May 7:

- Lansdowne-Costain Public School – 9 a.m.
- Paris District High School – 9 a.m.
- Prince Charles Public School – 9 a.m.
- Cayuga Secondary School – 9 a.m.
- Greenbrier Public School – 9:30 a.m.
- Port Rowan Public School – 9:40 a.m. & 1:50 p.m.
- Houghton Public School – 11 a.m.
- Grand Erie Learning Alternatives (GELA) – 12:30 p.m.

Wednesday, May 8:

- Jarvis Public School – 9 a.m.
- Lakewood Elementary School – 9 a.m.
- Walsh Public School – 9 a.m.
- Boston Public School – 9:30 a.m.
- Russell Reid Public School 9:30 a.m.
- Langton Public School – 11:05 a.m.
- Major Ballachey Public School – 11:10 a.m.
- Glen Morris Central Public School – 11:45 a.m.
- Oakland-Scotland Public School – 12 p.m.
- Pauline Johnson Collegiate and Vocational School – 12:15 p.m.
- North Park Collegiate and Vocational School – 12:30 p.m.
- Tollgate Technological Skills Centre – 12:30 p.m.
- Courtland Public School – 2 p.m.

Thursday, May 9:

- Seneca Central Public School – 9 a.m.
- Houghton Public School – 9 a.m.
- Walter Gretzky Elementary School – 9 a.m.
- Waterford Public School – 9 a.m.
- Hagersville Elementary School – 9:15 a.m.
- Teeterville Public School – 9:15 a.m.
- King George School – 9:30 a.m.
- Valley Heights Secondary School – 10:25 a.m.
- Hagersville Secondary School – 10:30 a.m.
- Lynndale Heights Public School – 11 a.m.
- Central Public School – 11:20 a.m.
- Elgin Avenue Public School – 1:20 p.m.
- River Heights School – 1:25 p.m.
- North Ward School – 1:45 p.m.
- Delhi Public School – 2 p.m.
- Graham Bell-Victoria Public School – 2:20 p.m.

Friday, May 10:

- Graham Bell-Victoria Public School – 9:30 a.m.
- Mt. Pleasant School – 9:30 a.m.
- Delhi District Secondary School – 10 a.m.
- Paris Central Public School – 10 a.m.

- Brantford Collegiate Institute and Vocational School – 10:25 a.m.
- Cobblestone Elementary School – 11:25 a.m.
- Delhi Public School – 11:55 a.m.
- Cedarland Public School 12 p.m.
- École Confédération – 12 p.m.
- West Lynn Public School – 1:40 p.m.
- École Dufferin – 1:50 p.m.

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