



Our Focus

JUNE 2020 Vol. 2

We promote and support the development of learning environments where student achievement, equity, and well-being are priorities for all.

What's Happening

National Indigenous History Month

Indigenous Peoples Day - June 21

Indigenous students may observe June 21st as a holiday with their families. Staff are encouraged to share about National Indigenous History Month and Indigenous Peoples Day with their students throughout the month of June.



JULY

Martyrdom of the Báab: Bahá'í - July 9

Imamat: Islam Ismaili - July 11

Eid al-Adha: Islam - July 31



Join Kelly Appleby, TVDSB Mental Health Lead, as she has a conversation with Dr. Javeed Sukhera about the ways in which parents and caregivers can support the mental health and well-being of young people during uncertain times.

Dr. Sukhera brings incredible expertise, wisdom, and humanity to this much needed conversation.

Involved FATHERHOOD

Involved fatherhood occurs along a continuum that allows fathers to find ways to actively participate in the lives of their children. Entry into fatherhood is described as a transformational journey that positively changes men and their relationship with their children and partners.

Source: [White Ribbon](#)

HOW TO PROMOTE HEALTHY MASCULINITY

10 tips for promoting healthier masculinities among boys and young men:

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

[@BELIEVEPHO](#) [www.BelievePerform.com](#)

- LOVE** Be there for your child and show care and love
- EXERCISE** Encourage play, exercise and sport
- BEHAVIOUR** Keep an eye out for any changes in behaviour
- SUPPORT** Regularly support, encourage and praise your child
- REST TIME** Help your child to manage stress by building in some rest time
- BE PROUD** Tell your child that you are proud of them
- PATIENCE** Be patient. Don't pressure your child
- HELP** Don't be afraid to seek help from professionals
- FEELING** Get to know how your child is feeling
- EDUCATE** Educate yourself about mental health problems
- PROBLEM SOLVING** Help your child to effectively problem solve
- LISTEN** Make sure you take time to listen to what your child has to say
- COPING** Help your child to learn some simple coping skills such as relaxation
- SYMPTOMS** Be aware of signs and symptoms
- CONVERSATION** Encourage your child to engage in conversation
- ENVIRONMENT** Provide a positive environment for your child where they can thrive

"There is nothing more contagious than the laughter of young children; it doesn't even have to matter what they are laughing about."

Criss Jami

They say laughter is the best medicine and here's why:

- Increases blood circulation which allows for better delivery of oxygen
- Decrease cortisol levels (related to stress and anxiety)
- Decreases pain
- Relaxes your muscles
- Shared laughter can help you let go of anger



TVDSB EVERYDAY PRACTICES FOR EVERYDAY LEARNING



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www.tvdsb.ca/SafeSchools