



Supporting Youth Mental Health visualization

Visualization strategies can help us manage stress. It is important to recognize how our body feels, while noticing and acknowledging our feelings.

Start the body scan at the crown of the head, followed by the forehead, eyes, nose, cheeks, jaw, mouth, chin, and ears, include any sounds that are noticed.

Next, focus on the neck and shoulders. Notice any tension or sensation of air in the throat. Now pay attention to your arms, elbows, wrists, hands, and fingers.

Shifting to the chest area, notice the rise and fall of the chest when you breathe in and out. Notice any aches and pains and take a deep breath in, focusing on relaxing this area.

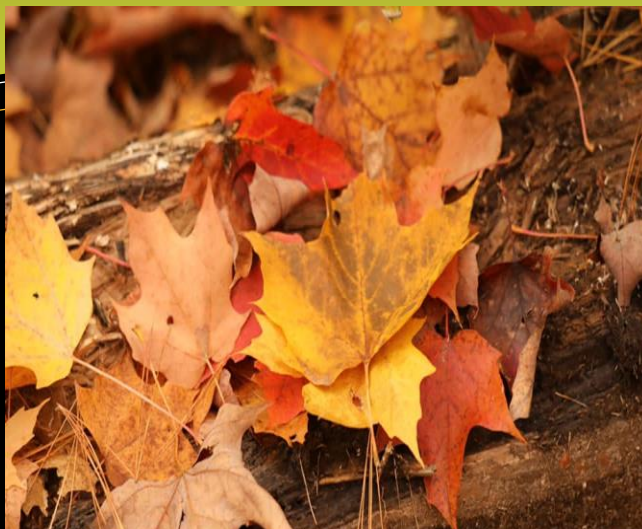
Afterwards, notice your stomach, lower back, hips, and your sitting bones.

Now move your attention to your thighs, knees, and calves, noticing how our muscles feel.

Finally, move your attention to your toes, heels, tops, and bottoms of your feet.

Now, taking one or two deeper breaths, widen you focus by paying attention to your entire body, noticing whatever is present. Acknowledge any pain you may still feel and send a breath there. Appreciate the wonder of your body, its functions and capabilities.

Source: SMHO.com



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PARENT TIPS

HELP MANAGING SCREEN TIME FOR FAMILIES

See articles on pages 2 and 4
for more information.

Miiigwech! Merci! Marsi!

Thank-you for keeping us safe and healthy so staff and students can learn and grow.



Custodial Workers' Recognition Day: Oct 2

School Bus Safety Week: Oct 18-22

World's Teachers Day: Oct 5

Child Care Worker & ECE Appreciation Day: Oct 22



Perseverance

I show PERSEVERANCE when...

- I do not give up easily
- I encourage myself to keep trying
- I am not afraid to fail
- I strive for excellence
- I set high goals for myself
- I do not give in to hardship
- I do not quit
- I am patient
- I maintain enthusiasm
- If I don't succeed, I keep on trying

Digging Deeper



IGNITE 2021

Jessi Cruickshank's
interview with Hayley
Wickenheiser

No Appointment Necessary Covid Vaccine Clinics

These clinics offer the Pfizer vaccine to individuals born in 2009 or earlier. Dose 1 or Dose 2 can be accessed at these clinics. Go to Algoma Public Health or click [here](#) for more information.

Sault Ste Marie	GFL Memorial Gardens Oct 13, 5 – 8 / Oct15 1 - 4
Blind River	Community Centre Nov 3 rd , 12 – 7
Wawa	Michipicoten Memorial Centre Oct 13, 2 – 6
Elliot Lake & Area	Elliot Lake Family Health Team Every Monday & Friday 9:30-3:30 Collins Hall Every Friday, 8:30 – 11:45/1:00 – 4:15

How do I know if my child's screen time is problematic?



Here are some things you may wish to watch for:

Source: School Mental Health Ontario

Is your child spending more time on screens than on other enjoyable activities such as hobbies, physical activities and face to face interaction? Technology use can have a powerful “crowding out effect” by taking the place of other interests. You may notice your child prefers the virtual world over involvement in the real world (e.g., child consistently prefers to play a basketball video game instead of joining their friends in a game of basketball outside). Perhaps your child reads less, spends less time on hobbies, or neglects their physical hygiene (e.g., showering, bathing, brushing their teeth).

Does your child's use of digital technology get in the way of their ability to do the things that are expected of them at their age? When screen time is problematic, you may find that your child is not as involved in school, isn't attending class regularly (or on time), doesn't participate as much in family life, and/or neglects extracurricular activities and friendships.

Does your child seem more irritable, anxious, sad, or less interested in things they used to enjoy? Excessive screen use can negatively impact mental health and can change brain functioning (e.g., impulse control). This can show up as persistent problems with emotions, like angry outbursts, worries, or low mood. Or you may notice changes with friendships and family relationships. Perhaps your child has started to avoid face-to-face interactions and is struggling with friendship skills. It is important to note that children and youth who struggled with mental health concerns before the pandemic or since are more vulnerable to problems related to technology overuse.

Is your child overly concerned about their on-line presence? Excessive use of social media can impact young people's self-esteem. Your child may compare themselves to images of others and may feel that they do not “measure up” to the people they see on-line. You may notice a pre-occupation with posts, likes, or “Snapchat streaks” (i.e., a count of the number of days two people have continuously sent each other snaps). Social media can also introduce and normalize risky and harmful behaviours such as self-harm and suicidality among youth.

Is your child less engaged in school or less motivated to succeed than usual? When children become preoccupied with the virtual world, they may not view school as important or they may not try their best as they may prefer the rewards (e.g., “likes”) they get in the virtual world more than the rewards (e.g., grades) they get at school. This may include being more focused on how many followers and likes they are able to get or their status within the gaming world.

Is your child spending money on-line? Many on-line games include ways for players to make in-game purchases, that can include gambling-based activities. There are also websites that provide opportunities to gamble on games and to buy and sell virtual goods/items. Knowing about the games your child plays and if and where they are spending money can help you to set limits. Early exposure to gambling can increase the likelihood of gambling related problems later on in life.

Might your child be experiencing withdrawal because of excessive use of screens? We typically think about withdrawal as something associated with excessive drug or alcohol use. Did you know that excessive gaming can also be addictive? Withdrawal symptoms may include intense cravings to use digital technology, irritability, anxiety, depressed mood, finding other activities extremely boring, being preoccupied with wanting to be on a screen, and experiencing a fear of missing out. If your child is on-line excessively, they might also experience physical symptoms such as headaches, lack of energy and sleep difficulties when you (or others) try to limit their

National Hispanic Heritage Month

Sept 15–Oct 15

The Latinx and Hispanic countries include countries in South America, Central America, Mexico, Spain, and some islands of the Caribbean.

Latinx: Geography

People from countries in Latin America who speak Spanish, Portuguese, or another language.

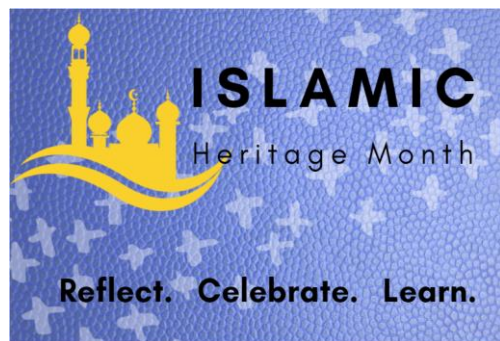
Hispanic: Language

People from Spain or a Spanish-speaking country. Guatemalans are considered both Latinx and Hispanic.

600+
languages and dialects
Independence Day is

September 15, 1821

for Costa Rica, Honduras, Guatemala, El Salvador, and Nicaragua



Islamic Heritage Month is recognized in Canada during the month of October. During this month we are challenged to reflect, celebrate, and learn about Muslim history, culture, and religion. Islamic Heritage Month Act of 2016 was introduced “to provide all Ontarians, both today and in future generations, with an opportunity to reflect, celebrate, and learn about the rich and longstanding Islamic history in the

province and the diverse roles and contributions of Muslim people in communities across Ontario. The new understanding will in turn help combat anti-Islamic sentiment.” Staff and students at Algoma District School Board are encouraged to explore the diverse heritage, challenge stereotypes, and learn from each other in order to foster greater social connections.

Fun Facts and Notable Contributions

- “As-salamu alaykum” is an Arabic phrase and a Muslim greeting that means “Peace be upon you.”
- Nazem Kadri is a Canadian professional ice hockey player. He is the third Muslim to ever play in the NHL.
- More than 85% of Muslims are non-Arab. Muslims live among virtually all ethnic groups.
- Minister Ahmed Hussen (Public Servant) as of 2019, serves as the Minister of Families, Children and Social Development. He was the first Somali Canadian to serve in the government cabinet.
- Malala Yousafzai won the Nobel Peace Prize in 2014 at the age of 17. She had been named one of *Time Magazine*’s “100 Most Influential People in the World” three years in a row.
- Many inventions we use today have come from Islamic civilizations. Marching bands, citric acid, arabesque architecture, the vertical-axle windmill, guitars, water pipes, and teaching hospitals are a few examples. Early attempts at gliding, algebra, pinhole cameras, and the laws of refractions are also tied to Muslim culture.
- Dr. Afua Cooper (Writer, Poet), in 2018, was named the Poet Laureate of Halifax. She currently teaches at the Department of Sociology and Social Anthropology at Dalhousie University.

National Custodial Workers’ Recognition Day

Oct 02, 2021

A day to show appreciation to the people who keep our workplaces and schools running smoothly. We value their remarkable efforts during these extraordinary times.

International Day of Non-Violence

Oct 02, 2021

Birthday of Mahatma Gandhi, pioneer of the philosophy and strategy of non-violence. This day is observed to educate and raise public awareness of tolerance and peace.

World Teachers’ Day

Oct 5, 2021

A day to celebrate teachers around the world. We recognize all of our educators who make significant contributions to our students every day.

World Mental Health Day

Oct 10, 2021

The objective of this day is to raise awareness of mental health issues and mobilize efforts globally in support of mental health.

Thanksgiving

Oct 11, 2021

A national holiday in which Canadians celebrate the harvest and other fortunes in the past year.

National School Bus Safety Week

Oct 18-22, 2021

Is a week designed to reinforce school bus safety guidelines and show appreciation for the bus drivers who keep our



What should I do if my child's digital technology use is problematic?

Source: School Mental Health Ontario

Your relationship to digital technology is the best example for your child. Has your screen time increased during the pandemic? Do you use it as a way to “escape” day to day hassles? It is important that you model healthy use, such as setting screen boundaries, and modelling a range of ways of coping with stress (e.g., physical activity, time in nature, art, meeting up with friends).

Remember making changes is a process. Don't start with cutting off your child's access to digital technology. Take a planful, collaborative and gradual approach. Use the return to school routines as a way to naturally taper off excessive digital technology use. Re-introduce household guidelines about use of technology in the evening hours, overall amount of use, where devices are used, etc. You might consider posting these new rules where everyone can see them. www.smho-smso.ca

Collaborate with your child around setting structured rules and consequences regarding screen use. For example, it can be helpful to establish designated technology-free times (e.g., no screens during mealtimes). The focus should be on establishing a healthy balance between technology use and: physical activities, face to face contact with friends, hobbies, healthy eating and proper sleep. Consider the use of a Family Media Contract, like this example: <https://www.ementalhealth.ca/Ottawa-Carleton/TechnologyContracts-including-Social-Media-and-Video-Game-Contracts/index.php?m=article&ID=57030>

Encourage and support face to face contact with friends and family, as COVID-19 restrictions allow. Introduce and explore new activities and interests together. Help your child to fill in more time with nonscreen hobbies.

If you feel concerned about your child's screen time, plan ahead for a conversation rather than reacting in the moment. Choose a time when you feel calm and not rushed, and when your child is in a good frame of mind (e.g., consider taking your child out for their favorite treat). It is important to start the conversation off gently. Rather than saying, “you need to stop scrolling through Instagram all day”, point out what you are observing, and express your concern (e.g., I've noticed that you haven't picked up your guitar in a long time, and you haven't been getting outside while the weather is good. I'm wondering how we can switch things up a bit as we get back into the routines of school). You may wish to point out that during COVID-19 we all slipped into screen habits that we need to ease out of so we create a healthier balance. This doesn't mean giving up screen time entirely, rather to use screens in proportion to non-screen activities.

Effective communication is a key factor in facilitating change. This resource provides conversation tips, including what teens find helpful. <https://screentimenetwork.org/sites/default/files/resources/Dear%20Parents.pdf>

Understand what needs are being met through digital technology and work to find physical world outlets to address these needs. Maybe they like the challenge in the game or competing with friends to achieve a high score (e.g., need for competition /challenges). Set small achievable goals that are not based on screen time (e.g., 15 minutes of exercise or 10 minutes practicing a musical instrument). This can help transition your child from online fun to other types of fun.

Is your child relying on screens as a method of coping with stress or feelings of distress? Over the course of the pandemic, many people have used on-line gaming and connections as a way to escape uncomfortable thoughts and feelings. Some children will need extra support to re-establish healthier coping routines. If difficulties with coping persist, consider consulting with a mental health professional.

Some parents have found the use of digital control tools, such as blocking access to certain websites, helpful. It is encouraged that any use of these tools be done in collaboration with your child. <https://www.common sense media.org/blog/parents-ultimate-guide-to-parental-controls>

If you are concerned about your child's digital technology use, the strategies and resources below may help. You can also reach out for assistance from a mental health professional through your child's school, or in the community (e.g., CMHO Find a Centre).

Resources

Parent information: Screen time and digital media: <https://www.caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-digital-media>

Connex Ontario provides free & confidential health services information for people experiencing problems with alcohol & drugs, mental illness or gambling/gaming. <https://www.connexontario.ca/en-ca/>

Game Quitters: resources and programs for parents and gamers: <https://gamequitters.com/>

Smartphones, social media use and youth mental health: <https://www.cma.ca/content/192/6/E136>