



ST. CLAIR CATHOLIC
DISTRICT SCHOOL BOARD

Lighting the Way ~ Rejoicing in Our Journey

MEDIA RELEASE: FOR IMMEDIATE RELEASE

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ST. CLAIR CATHOLIC JOINS SCHOOL BOARDS ACROSS CANADA TO OBSERVE MENTAL HEALTH AND WELL-BEING WEEK

A special week is being observed across Canada this week to help raise awareness about mental health and well-being and recognize the important role it plays in the lives of every Canadian.

“Promoting good mental health for our students is an important step in creating positive and safe school communities,” says Dan Parr, Director of Education. “It also helps us to meet our strategic goals for student achievement, because of the direct connection between health and well-being and student learning.”

All schools across the district have received wellness kits filled with activities, either for the individual classroom or for the entire school.

“Awareness is the key and so activities like these are excellent ways to reach students and help them understand the positive ways to address mental well-being” says Christine Preece, Mental Health Lead for the St. Clair Catholic District School Board.

Mental Health and Well-Being Week runs from May 3rd through May 10th. It coincides with Catholic Education Week, which is also being celebrated in school communities across the district.