



Home of the **KNIGHTS!**

Mental Health Strategy – Wellness Kits

**FIVE WAYS TO WELL-BEING
RESOURCES ARE COMING YOUR WAY!**

**Hey students and families!
Wellness take home kits will be sent
home this week. Keep an eye out!**

We encourage all our families to
try out the activities together.

check out www.ncdsb.on.ca for
more ideas.

Five ways to well-being resources are coming home with your child. Included in the kit, is a set of simple, evidence-based actions that can improve well-being in everyday life. We hope you make great use of this kit. If you want more ideas, check out jack.org or smho-smsso.ca for other ways to help build and nurture your mental health.

