



# FRONTENAC SCHOOL SPOTLIGHTS MENTAL HEALTH

*Check out this article from grade 8 leadership student Landon for more details....*



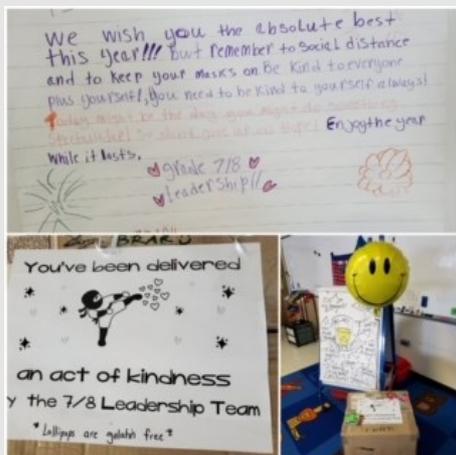
Hello, I am Landon, a student leader at Frontenac School. Over the past six weeks, the Grade 7/8 Leadership Team has been working on supporting Mental Health in our school. We worked together with our Teacher Mentors, Ms. Archer and Ms. Stangherlin to create fun, meaningful activities in all aspects of school.

One of the highlights of the month were the morning wellness tips and quotes, students from the leadership team volunteered each week to curate and come down in the mornings to say a few wellness words to start off the students' day after Mr. Bells' morning announcements. It was a short and sweet way of

spreading a wellness kick starter and was so successful that we were asked to continue through the month of March.

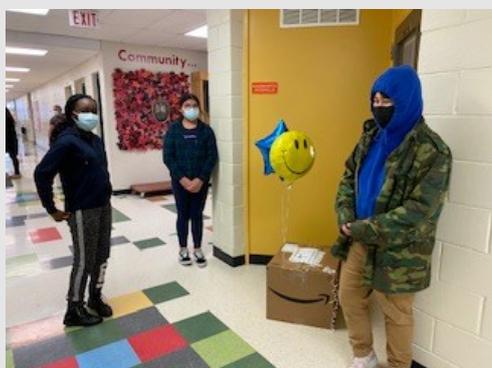
Activity calendars were distributed to staff and students; these calendars were filled with different things you could do with your class throughout the month of February. These included things from a journal entry, to a simple 5 minutes of breathing. Classes participated in an average of 20 wellness activities throughout the month. At the end, some classes were able to get a few prizes, which was a fun way to ramp up excitement!

For I Love to Read, we invited guest readers and speakers who met with different grades virtually. Our guests focused on Wellness through a theme of Indigenous perspective, self-confidence and self-care. The guests read a book or excerpt that focused on mental health, and some shared personal experiences and stories with the students. These meetings were a great interactive opportunity for the kids to learn more about tips, tricks, facts, and information about mental health.



Arguably, one of the most fun parts of this month were the Kindness Boxes. These boxes were filled with treats and a letter. Classes wrote letters to other classes based on kindness. The letters included encouragement, thanks and positive messages. Kindness Boxes were passed around to every classroom, and some staff, throughout the month. Students were able to decorate the boxes and get some treats!

The theme of kindness was so well received that our Student Leadership team incorporated the theme into our Spirit Week. We are creating kindness messages for all students and staff. Classes will be decorating their door with wellness themes as well.



Overall, this month was both fun and important, and the grade 7/8 leaders look forward to continuing work through Sources of Strength, and helping our students stay safe, healthy, and positive for the duration of the following months.

-Landon Gr. 8