



WCDSB
2023-
2024
Mentally
Healthy
Return to
School -
Caregiver
Updates



As we move into the 2023-24 school year, we are reminded of the importance of directly addressing and supporting the mental health and wellbeing of our students.

WCDSB classrooms take a good for all, trauma-informed approach to ensure all students feel safe, regulated and ready to learn.

Where do we Start in September?

1. We focus on building solid **Connections** with each student to build a community where everyone feels safe, regulated, and ready to learn. We start our day, every day, with **Social Emotional Learning** activities, such as [The First 10 Days resource](#) from [School Mental Health Ontario \(SMHO\)](#)
2. We set the stage for learning by incorporating the **5 Trauma Informed Classroom Principles**
3. We practice **Regulating activities** throughout the day

How are we doing this?

1. Building Solid **Connections**: SMHO's [The First 10 Days resource](#) includes activities to help.

- [Day one – welcome](#)
- [Day two – co-creating classroom norms](#)
- [Day three – you are unique and value](#)
- [Day four – identifying and managing emotions](#)
- [Day five – stress management and coping](#)
- [Day six – positive motivation and perseverance](#)
- [Day seven – healthy relationship skills](#)
- [Day eight – self-awareness and identity](#)
- [Day nine – critical and creative thinking \(executive functioning\)](#)
- [Day ten – build your toolkit](#)

2. The **Trauma Informed Classroom Principles** that set the stage for learning are:



Connection



Predictability



Flexibility



Delight



Coregulation

Learn more about these principles in the materials available [here](#).

3. Regulation Practices

Our schools are unpacking our new Regulation Toolkits and putting regulating activities into practice throughout the day. Our [Student Regulation Kits](#) are filled with resources to help students regulate their bodies and emotions and decrease stress in the classroom.

For more information, visit [WCDSB's Mental Health & Wellbeing Website](#) and our [Catholic Parent Involvement Committee – CPIC Parent Hub](#)