

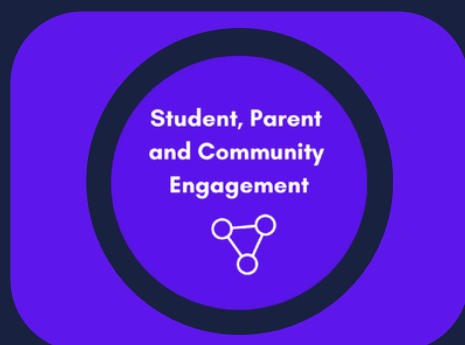
Family Newsletter:

Mental Health and Well-being for Learning

Mental Health Literacy: māmōwintowin Pow Wow

Celebration can be a powerful tool for recognizing achievement, increasing sense of belonging and promoting positive mental health. Gatherings that acknowledge student growth and accomplishments provide opportunity to build community and increase positive connections.

This year, Prairie Spirit proudly hosted a traditional Pow Wow - māmōwintowin "coming together" - that honoured graduates and celebrated student achievements.



Student, Parent and Community Engagement: School Community Council Spring Assembly

The Prairie Spirit School Community Council (SCC) Spring Assembly was held at the end of May.

This event provided opportunity for SCCs to learn together, celebrate collaboration and plan forward.

Our evening started with messages from our Board Chair, Kate Kading, and Tracey Young, Director of Education. The highlight was collaborative conversations between SCC members who focused on successes from 2024/25 and plans for 2025/26.

Prairie Spirit celebrates the role of SCCs in working towards developing nurturing and inclusive environments that positively impact student well-being and achievement.

More info about [School Community Councils](#)

Physical Literacy

May and June are busy with track days, field trips, outdoor learning and many opportunities for students to develop physical literacy.

Physical literacy fosters lifelong health and well-being, as it equips us with the skills, confidence, and motivation to engage in physical activities and lead active lifestyles.

The following resources may guide families in exploring physical literacy opportunities this summer:

- [Physical Literacy Saskatchewan](#) provides resources and information on activities happening across the province.
- [Saskatchewan Parks](#) provides information on activities and park locations across Saskatchewan.



Mental Health Supports

Rapid Access Counselling (RAC)

Family Service Saskatchewan's [Rapid Access Counselling Program](#) is delivered through a partnership of member agencies in communities across Saskatchewan.

Counselling sessions are available to children, youth, adults, and families in Saskatchewan.

Virtual counselling is available to support families across Saskatchewan.

For more information and to book an appointment: www.counsellingconnectsk.ca



**Go to the Parents [page](#) on the Prairie Spirit website
for info and resources for families!**

Mental Health and Well-being for Learning newsletters are posted there!

PRAIRIE SPIRIT
SCHOOL DIVISION