

Family Newsletter:



PRAIRIE SPIRIT
SCHOOL DIVISION

October 2025

Mental Health and Well-being for Learning



World Mental Health Day:

October 10

World Mental Health Day, observed annually on October 10, is a global day to raise awareness of mental health issues, reduce stigma, and mobilize efforts in support of mental well-being.

The [Mental Health Literacy website](#) has created a [pyramid](#) that provides clear language to talk about our states of mental health.

Mental Health and Well-being for Learning: **The Essential 8**

Prairie Spirit has identified eight key areas that are fundamental to fostering mental health and well-being **for learning** (see graphic at right).

These priority areas guide our staff in creating safe, caring, and healthy school environments that support all students.

We are sharing resources with families so we can work together to support the mental health and well-being of every student. This newsletter will focus on two of the Essential 8 areas for families to consider:

- **Mental Health Literacy**
- **Social Emotional Learning**



Mental Health Literacy

- Mental health literacy plays a vital role in how individuals understand, experience, and manage anxiety. Improving mental health literacy is an important step in promoting mental well-being and reducing the negative impacts of anxiety.

[The Child Mind Institute](#) provides excellent resources to increase mental health literacy.

- [Back-to-School Anxiety](#)
- [Separation Anxiety](#)
- [Helping your Kindergartener with Separation Anxiety](#)

Social Emotional Learning

Social Emotional Learning (SEL) is the process of gaining and using the knowledge, skills, and attitudes needed to build a strong sense of self, manage emotions effectively, set and reach meaningful goals, show empathy toward others, build and sustain positive relationships, and make thoughtful, compassionate choices.

Here are a few SEL examples and family resources used in Prairie Spirit schools:

- [Zones of Regulation](#)
- [Strong Kids](#)
- [Little Spot](#)
- [4th R](#)



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.

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

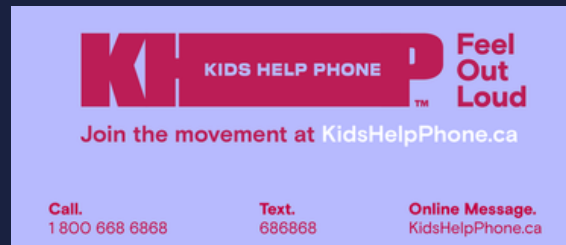


Kids Help Phone (KHP)

[Kids Help Phone](#) (KHP) is always here for young people in Saskatchewan and across Canada – any day, any time, day or night. KHP's e-mental health services are free, multilingual and confidential. If you know a young person who is struggling with a problem, big or small, you can encourage them to contact KHP for support - by calling, texting or going online.

KHP offers support without obstacles, help with any hardship and support in any moment of need. The following links provide more KHP information:

- KHP helps kids understand [mental health](#).
- In 2023, over 50 Canadian musicians created a song in support of KHP's [Feel Out Loud](#) mental health movement.



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