

Family Newsletter:



September 2025

Mental Health and Well-being for Learning

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**
- **Student, Parent and Community Engagement**

At the start of a new school year, we look forward to supporting the well-being and success of all students!



Mental Health Literacy

Mental Health Literacy develops skills to help us recognize, manage and support mental well-being. This includes:

- Knowing the basics of mental health and how it affects thoughts, emotions, and behavior.
- Recognizing signs of mental health challenges in yourself and others.
- Knowing when and how to seek help from trusted adults, professionals, or support services.
- Reducing stigma around mental illness by promoting open, respectful conversations.
- Building healthy habits and coping strategies to support emotional resilience and mental wellness.

Understanding and managing mental health is a skill that grows and gets stronger with time and practice. The following questions may help guide conversations with your child to further support their understanding of mental health:

- *What do you think it means to be mentally healthy?*
- *If you or a friend were feeling sad or anxious, what would you do?*
- *Who would you talk to if something was bothering you?*

Student, Parent and Community Engagement

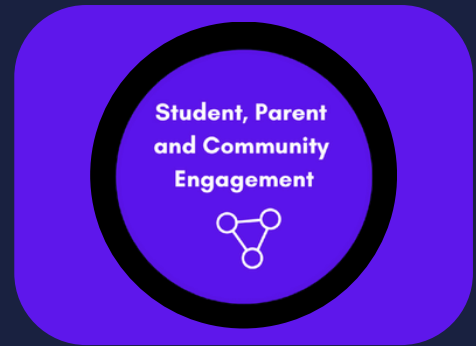
Family engagement plays a vital role in supporting the learning, development, and overall well-being of every student. Prairie Spirit's [website](#) provides resources to support family engagement.

Here are a few highlights:

- **School Community Councils (SCCs)** work co-operatively with the local school to support opportunities for student learning, growth, and well-being. Research shows that students have greater success when their families are involved and engaged at the school level supporting their child's learning.

If you are interested in getting involved with your SCC, please contact your school!

- **Edsby** is an online platform that helps parents stay informed and engaged in their child's education by providing real-time access to school [news](#), [grades](#), and [classroom updates](#).
- **Resources for families** are available on the Parents [page](#) of the Prairie Spirit website, including:
 - [reading at home](#)
 - [math](#)
 - [understanding assessment](#)
 - [speech language pathology](#)
 - [social media supports](#)
- **Career and post-secondary** planning resources are available on the Students [page](#) of the Division website.



Rapid Access Counselling (RAC)

The **Rapid Access Counselling Program** offers FREE counselling sessions for children, youth, adults, and families in Saskatchewan.

Virtual counselling is available to support families outside the Warman area.

This is a provincially-funded program that is free for families to use throughout the province. While RAC is not considered crisis counselling, the program is a way for families to access counselling quickly with limited barriers and without being added to a waitlist.



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

PRAIRIE SPIRIT
SCHOOL DIVISION