

Mental Health and Well-being for Learning

Prairie Spirit's *Mental Health and Well-being for Learning* family newsletter offers practical tips and helpful resources to help families support student well-being at home and school.

Each edition highlights key areas connected to learning, belonging, and mental health so that families, schools, and communities can work together to support the success and well-being of every student.

Pre-k to Grade 2:

Helping children feel safe and ready for school

Children are more likely to learn and thrive when they feel safe, connected, and confident.

Support a positive transition by establishing routines, talking positively about school, encouraging independence, celebrating daily successes, and staying connected with your child's teacher.



Grades 3 – 5:

Managing worries about school and friendships

Children are more likely to learn and thrive when they feel safe, connected, and confident. Support a positive transition by establishing routines, talking positively about school, encouraging independence, celebrating daily successes, and staying connected with your child's teacher.

As children grow, they may worry about academic expectations, friendships, fitting in, or trying new experiences. Learning to manage worries helps children develop resilience, confidence, and healthy coping skills that support both learning and well-being.

How Adults Can Help

- Create opportunities for children to talk about their concerns.
- Listen and validate feelings without immediately trying to solve every problem.
- Help children identify what is within their control.
- Encourage problem-solving and positive self-talk.
- Maintain routines that support sleep, nutrition, and physical activity.



Grades 6 – 8:

Building healthy friendships and peer relationships

Friendships become increasingly important during adolescence and play a significant role in a young person's sense of belonging and identity. Positive peer relationships contribute to emotional well-being, self-confidence, and school engagement. Healthy friendships provide support during times of change and challenge.

How Adults Can Help

- Encourage open conversations about friendships, social experiences, and self-reflection.
- Discuss qualities of healthy relationships, including respect, kindness, and trust.
- Support youth in resolving conflicts respectfully and reflecting on their role in situations.
- Model healthy communication and relationship skills.
- Encourage participation in activities that foster connection and belonging



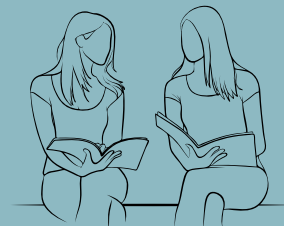
Grades 9 – 12:

Balancing responsibilities, work, and extra-curricular activities

High school students often juggle academics, extracurricular activities, employment, family responsibilities, and social commitments. While involvement in a variety of activities can be rewarding, too many demands can lead to stress, fatigue, and burnout. Learning balance is an important life skill.

How Adults Can Help

- Encourage students to prioritize commitments and set realistic goals.
- Help youth create schedules that include time for rest and self-care.
- Check in regularly about stress levels and workload.
- Support healthy sleep habits and routines.
- Remind students that asking for help is a sign of strength and self-awareness.



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.

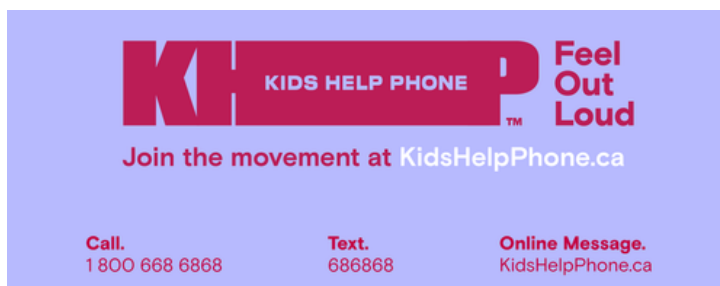
Counselling sessions are available to children, youth, adults, and families in Saskatchewan. Virtual counselling is available to support families.

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 (see details in graphic below).

KHP offers support without obstacles, help with any hardship and support in any moment of need.



Sask Ag Matters

Sask Ag Matters offers free mental health support services for Saskatchewan agriculture producers. This program offers free mental health support services for Saskatchewan agriculture producers, their family members and agricultural workers.

Each individual is financially covered for six hours of therapy per year with trained and registered mental health professionals who have a background in farm culture.