

Mental Health Week is May 7-13, 2018

Mental health is about more than mental illness. It's more than being happy all the time. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. Everyone deserves to feel well, whatever their mental health experience. And we all need a support system to lean on.

I feel like I'm reaching **MY POTENTIAL**.

I feel like I **BELONG**.

I make the world a **BETTER PLACE**.

I **DON'T WORRY** about what others think of me.

I **ENJOY** my life.

Knock me down and I'll **GET BACK UP**.

In order to thrive, we all need a good sense of self, purpose, contribution, hope, resilience and belonging.

#GetLoud
about what mental health
really is

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EMERGENCY PREPAREDNESS WEEK

*May 6-12, 2018 is Emergency
Preparedness week.*

The School District is working to improve its emergency preparedness. Over the past few weeks, and in the coming weeks, we are holding 11 reunification drills at various elementary, middle and secondary Schools.

Reunification drills allow school staff, students and parents to understand the process for student release after an emergency/disaster. The drill has many benefits:

- Staff are trained
- Decreases angst and stress for staff, students and parents
- Parents are informed of process allowing them to plan for an emergency and have a back up plan
- Increases efficiency of students being released and picked up by their families, allowing staff to go home sooner

For more information on Emergency Preparedness week please see the link below:

<https://www.getprepared.gc.ca/cnt/rsracs/ep-wk/tlkt-en.aspx>

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