

Wednesday, April 22, 2020

Weekly Snapshots: Mental Health Resources Available for Families during COVID-19 Pandemic

VICTORIA, BC – The Greater Victoria School District is providing weekly snapshots that focus on social and emotional wellness to help support our learning community during these challenging times. The COVID-19 snapshot series includes resources for staff, students, parents and guardians, which promote physical and mental health while sharing tips to help foster connection, generate open-dialogue, and build a healthy community.

“The District snapshots are a great resource for our families, and they may be especially valuable as we endure a pandemic. We do not want our students in a place of fear, and this is one way we can help them feel supported while they are unable to be with their school community in person,” said Board Chair Jordan Watters. “These snapshots provide information to support families in creating a healthy environment that continues to support learning and growth. We understand the importance of mental health and the impact it has on learning, and we want to help families with potential challenges they may face as they navigate remote learning during this pandemic.”

District Snapshots are typically distributed on a monthly basis across all school levels (elementary, middle, and secondary). Since the pandemic, the District has started its weekly COVID-19 series.

Weekly Snapshot Topics Include:

- Anxiety and Depression
- Building Resiliency
- Mental Health in Uncertain Times
- Navigating Fear and Worry
- Positive Family Communication
- Resolving Conflict

Resources vary across the elementary, middle and secondary grade levels and include learning resources for students with complex needs. For weekly snapshots visit:

healthyschools.sd61.bc.ca/newsletters/covid-19-series/

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For more information contact:

Lisa McPhail
Communications & Community Engagement

Greater Victoria School District

Office: 250.475.4103

 www.sd61.bc.ca |   @sd61schools

One *Learning* Community

