Greetings!
The Humanities classes have learned about Mental Health Literacy, Social Emotional Learning
(SEL) and practicing mindfulness. We had our Student Well-being Coach, Mrs. Nolin, visit our class to
introduce the concept and we did a few mindfulness activities. Mindfulness is a scientifically based
approach to developing focused attention and emotional regulation. It means paying attention in the
present moment to our thoughts, feelings, or surrounding environment. For the sake of simplicity, we
can define it as noticing what is happening right now. It also includes the intentional nurturing of
positive states of mind such as empathy and kindness. Teachers have found over the years that sharing
mindfulness/SEL with students helps to encourage more skillful interactions and reactions and supports learning readiness. We will be using resources from our School Board, School Mental Health Ontario, the
Ontario Curriculum and Mindful Schools.org.