

**WELCOME BACK.**

**YOU ARE A VALUED MEMBER OF OUR SCHOOL BOARD COMMUNITY AND WE WANT TO RECOGNIZE THE CARE AND SUPPORT YOU PROVIDE TO OUR STUDENTS. WE KNOW THAT STRONG RELATIONSHIPS ARE CENTRAL TO LEARNING AND FORM THE FOUNDATION FOR WELL-BEING AND ACHIEVEMENT. AS PART OF THE RCDSB MENTAL HEALTH & WELL-BEING STRATEGY, THE RCDSB MINDFULNESS LEADERSHIP TEAM HAS DEVELOPED MONTHLY MINDFUL PRACTICES TO INCREASE AWARENESS AND ACCESS TO RESOURCES FOR BRINGING MINDFUL PRACTICES TO ALL SCHOOL COMMUNITIES.**

**WE ARE EXCITED FOR YOU TO SHARE THE LEARNING JOURNEY WITH US AND TO EXPLORE HOW MINDFULNESS MAY SUPPORT THE POSITIVE MENTAL HEALTH AND WELL-BEING OF STAFF AND STUDENTS. EACH MONTH YOU WILL RECEIVE AN EMAIL WITH SOME IDEAS FOR MINDFUL PRACTICES. WE ENCOURAGE YOU TO TRY THEM FOR YOURSELF, WITH COLLEAGUES AND THEY CAN BE INCORPORATED INTO YOUR K - 12 CLASSROOMS.**

**CHECK OUT THE SEPTEMBER MINDFUL PRACTICE AND WATCH A VIDEO TO HEAR ABOUT OUR STAFF AND STUDENT EXPERIENCES WITH MINDFULNESS AT SCHOOL. HAVE FUN WITH A VARIETY OF OPTIONS FOR LEARNING AND SHARING MINDFUL PRACTICES IN YOUR SCHOOL COMMUNITY.**

**SHARE THROUGH SOCIAL MEDIA USING THE HASHTAG #RCDSBEMINDFUL. IF YOU ARE LOOKING FOR MORE INFORMATION OR HOW TO GET INVOLVED, PLEASE CONTACT LISA LARIVIERE, MENTAL HEALTH LEADER - [LARIVIEREL@RCDSB.ON.CA](mailto:LARIVIEREL@RCDSB.ON.CA)**

**#RCDSBEMINDFUL**



**WITH GRATITUDE,  
RCDSB MINDFUL LEADERSHIP TEAM**

