



INCLUSIVE EDUCATION FAMILY NEWSLETTER

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ALL THINGS INCLUSIVE EDUCATION

Happy New Year to all! This is the first in a series of newsletters that will go out three times a year. Our goal is to keep you informed of what is happening locally and provincially.

This month is devoted to Mental Health Awareness. This initiative was started in 2010 to bring awareness to mental health and celebrate mental wellness. Mental health is a broad term for how adults and children may be feeling on the inside and not everyone has the same needs. There is no one-size-fits-all approach to taking care of yourself and those you care about. Our SELT (Social Emotional Learning Team) was asked to pass along some of their favourite family resources and this resulted in some great picks! You're invited to take a peek (*hover over each one to check it out*). Who knows, something you discover could be a small or giant help today, tomorrow or sometime down the road when you need it most. Together we are better.



www.heidsigmund.com

Building Courage in Kids and Teens

Lynn Dixon, Primary Counsellor

ldixon@365.sd58.bc.ca

Merritt

www.biglifejournal.com

Strategies to support children and their emotions.

Anita Sahota, Intermediate Counsellor

asahota@365.sd58.bc.ca

Merritt

MindShift® CBT App

Free evidence based-anxiety relief app

Maddison Hillman, Counsellor

mhillman@365.sd58.bc.ca

Princeton

www.dalailmacenter.org

A place to educate the heart and mind

Marcia Cooper, Counsellor

mcooper@365.sd58.bc.ca

MSS

Ease at Home K-7

Ease at Home 8-12

Strategies to manage worries and everyday anxiety at home

Erin Switzer, Counsellor/HPSC

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Merritt and Princeton

www.familysupportbc.com

Resources for families of children with disabilities

Ken Ellis, Counsellor

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MSS