



November 28, 2018

Dear Parent/Guardian,

### **Building Student Resiliency, Positive Mental Health and Well-Being**

“Resiliency is an ability to spring back and adapt to life’s challenges with an attitude of hope and optimism” (Hammond, 2006).

Our school board participates in the Well-Being and Resiliency survey for all Grade 3, 5, 7, 9, and 11 students. The information from this survey is used by schools to support our students and create a positive culture that builds caring relationships and helps them become meaningfully engaged and better able to cope with challenges. Also, The Ministry of Education requires that all boards in Ontario to have students complete a School Climate Survey, at a minimum, every two years.

In our Board, we are using the Well-Being and Resiliency survey as the tool to assess our school climate and ensure students feel safe. In the case of Grade 3 students or those new to the school board, this will be the first time that your child will be completing the Well-Being and Resiliency survey.

Within the next few weeks, your son/daughter will be completing this confidential survey during class time. The survey takes approximately 30 to 40 minutes to complete. Should you have any questions or concerns regarding your child’s participation, please do not hesitate to call me.

As always, we thank you for your support and involvement in your child’s education.

Sincerely,

Renee Rozon, Principal

Michael Whelan, Vice-Principal

Nancy McIntyre, Vice-Principal