

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).

All schools within the Catholic District School Board of Eastern Ontario (CDSBEO) are working to develop a strengths-based culture of practice where students and schools are nurtured towards positive change. To accomplish this, students from grades 3-12 at CDSBEO are invited to participate in a survey designed around various strengths in which research indicates are key factors to building resiliency, positive mental health and well-being in an individual. Information from this survey is used to empower individuals and school teams to help students better understand their strengths and use their skills when navigating life’s challenges.

The *Well-Being and Resiliency* survey takes about 30 - 40 minutes to complete. This questionnaire is not a test. Your child's responses to the questions are confidential and a code is used so student names will not be identified on the questionnaires.

Individual results will only be made available to trained staff for the purpose of individual and school planning and support.

Should you have any additional questions or concerns about the survey, please contact your school Principal.

Thank you for your cooperation.

Sincerely,