



ST. MARK CATHOLIC SCHOOL

420 McAULEY RD., RR4, PRESCOTT, ONTARIO K0E 1T0
TEL. 613-925-4342 - FAX 613-925-0512



Mrs. Karlene Elliott, Principal

Mrs. Anne Leach, Vice-Principal

Dear St. Mark Family,

We are excited to welcome our students and families back to school on September 4, 2020 for our 2020-2021 school year! We recognize the past six months have been challenging and wish to thank our school community for their ongoing patience and understanding as we have worked together to navigate our global pandemic.

Covid-19 has highlighted the importance of taking care of both our physical and mental health. Not surprisingly, isolation, fear and uncertainty can lead us to feelings of loneliness, sadness, worry and confusion. It is important that we recognize and acknowledge these feelings and seek support.

The CDSBEO recognizes students may require additional health supports and through the Ministry of Education funding, we have been able to provide schools with transitional opportunities to assist identified students with in-person and virtual transition support prior to the September 4th school start date. Our professional development days for staff (September 1-September 3, 2020) include trauma informed and mental health training, as well as an overview of supports available to students and their families. Our expanded summer learning program included “Stress Less” lessons and the “Kids Have Stress Too” resources, and they have been provided to staff at all schools. Families with students who are anxious about transitioning from grades six to seven in a new school, and grade eight to grade nine, have been provided the opportunity to connect to the community support counsellor throughout the summer.

Thankfully, our region is blessed to work with many community partners that offer mental health support to our students and families. Please see our local partners listed below.

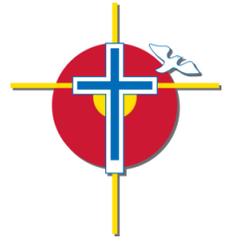
Ages 4-18	Children’s Mental Health of Leeds and Grenville	www.cmhlg.ca
Ages 4-21	Kids Help Phone	www.kidshelpphone.ca
Adult	Lanark, Leeds and Grenville Addiction and Mental Health	www.llgamh.ca
Adult	Parents’ Lifelines of Eastern Ontario	www.pleo.on.ca
Adult	Triple P Parenting	www. Triplep-parenting.ca





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Seeking support is a sign of strength. If you would like more information about mental health supports available through our school board, please visit:

<https://www.cdsbeo.on.ca/our-programs/mental-health/programs/>. Additionally, our Covid-19 site has mental health resources listed that are related to the pandemic: <https://www.cdsbeo.on.ca/novel-cornavirus/>.

Should you have any questions or specific concerns you would like to discuss related to your child's mental health, feel free to reach out the school board's Mental Health Leader, Michelle Neville at michellek.neville@cdsbeo.on.ca and she can assist you with obtaining additional information and / or mental health supports and services from regulated mental health professionals withing our school board of the community.

Please know that we will be sending home more information at a later date in regards to how our pick up and drop off procedures will take place, what you send to school with your child, etc.

Yours in Catholic Education,

Karlene Elliott
Principal

