



**SUDBURY
CATHOLIC
DISTRICT
SCHOOL BOARD**

165A D'Youville Street
Sudbury ON P3C 5E7
705.673.5620
sudburycatholicsschools.ca

October 8, 2021

RE: Monday, October 25th PA Day

We are pleased to announce that the SCDSB's Monday, October 25th PA day will focus on mental health and wellness.

As we continue in this time of Covid-19, all staff will report to their home school for a combination of small gatherings where public health guidelines will be followed and zoom for portions of our day.

Schedule of our Day	
8:30 - 9:30	Prayer and Reflection
9:30 - 9:45	Break
9:45 - 10:45	Keynote Presentation: Boosting your Positive Outlook (Zoom)
10:45 - 11:00	Break
11:00 - 12:00	School Improvement Planning (Principal led)
12:00 - 1:00	Lunch
1:00 - 3:00	Supporting Minds: An Educators Guide to Promoting Students Mental Health and Well Being (Principal led)

Training will be offered to the following groups simultaneously with the Supporting Minds Session:

- Teachers in Charge Training
- Indigenous Support Workers
- Educational Assistants and Child and Youth Workers (Model of Inclusion)
- Grade 2 Regular Program Teachers (Levelled Literacy Intervention, LLI)

Planning time as required will be provided during the latter part of the Supporting Minds session.