

Weekly Wellness Plan

THE UMBRELLA PROJECT – Self-efficacy -April 26- May 1

SELF-EFFICACY	PRAYER
<p data-bbox="418 982 570 1018">Grade K-3</p> <p data-bbox="207 1033 285 1060">SOAR:</p> <p data-bbox="207 1073 773 1140">https://www.youtube.com/watch?v=MJoczDESU24</p> <p data-bbox="207 1152 483 1180">Importance of Efficacy:</p> <p data-bbox="207 1192 773 1260">https://www.youtube.com/watch?v=VW5v6PQ5PEc</p> <p data-bbox="207 1272 721 1299">The brotherly love that conquers triathlons</p> <p data-bbox="207 1312 769 1379">https://www.greatbigstory.com/stories/giving-triathlon-brothers</p> <p data-bbox="418 1438 570 1474">Grade 4-6</p> <p data-bbox="207 1486 727 1514">Nick Santonastasso – The ultimate inspiration</p> <p data-bbox="207 1526 761 1593">http://www.greatbigstory.com/stories/no-arms-no-legs-no-problem</p> <p data-bbox="207 1606 699 1633">The brotherly love that conquers triathlons</p> <p data-bbox="207 1646 745 1713">https://www.greatbigstory.com/stories/giving-triathlon-brothers</p> <p data-bbox="207 1726 686 1774">Great Big Story of the Hopi Cross Country Running Team</p> <p data-bbox="207 1787 743 1890">https://www.greatbigstory.com/stories/brave-running-as-a-way-of-life?storylist_type=brave&story_list_id=102</p>	<p data-bbox="1057 1556 1162 1591">Books</p> <ul data-bbox="870 1606 1382 1812" style="list-style-type: none">• Oh The Places You'll Go – Dr. Seuss• The Best Figure Skater in the Whole Wide World – Linda Bailey• Flight School - Lita Judge• Leo the late bloomer - Robert Kraus <p data-bbox="821 1824 1406 1892">https://www.library.quintewest.ca/en/index.asp#sp</p>

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Our schools may be closed but our Catholic educators and support staff will continue to ensure that our remote emergency learning connections with students are safe spaces. Support is available for anyone who is feeling vulnerable – at any time.

Should you need support for yourself, a child or loved one, the following resources are available:

Youth Worker Services are available through the school. Please let your child's teacher or Ms. Hackett know that you would like Ms. Allcorn to call you.

Community resources

CMHS: 613-966-3100 (Children under 15)

QHC Crisis: 1-888-757-7766 (Youth 16 + and Adults)

Maltby Centre: 613-546-8535 (Children and Youth)

Morneau Shepell's Free Crisis Support Line for anyone impacted by the tragedy in Portapique, NS call 1-844-751-2133.

Kids Help Phone 1-800-668-6868

24/7 Crisis Text Line is now available to Canadians of all ages supported by Kids Help Phone:

If you are an adult, text WELLNESS to 741741.

If you are a child or youth, text CONNECT to 686868.