



Dear Parents and Guardians:

On Thursday, May 8, 2014, students will be participating in a Mental Health Awareness fair, as part of the Physical Health & Education Program. This learning event is scheduled during National Mental Health week.

Over the course of the day, students will be supervised in walking to Lang's Farm Community Centre, at 1145 Concession Road. Lang's is a neighbourhood-based organization that provides a range of health, social, educational and recreational programs and services. Lang's is the host organization of the Fair, which has been planned jointly with William G Davis, St. Michael and St. Joseph schools.

As part of the grade 7 and 8 health curriculum, students will be able to choose between several presentations from local counselling and mental health organizations providing services in Waterloo Region; many of the organizations have offices in the Lang's facility. Community partners presenting are Waterloo Regional Police, Ray of Hope, Carizon, and W.A.Y.V.E. Topics covered by the agencies will include: anxiety/depression, bullying, substance use, and community resources available to support teens in times of crisis.

Learning from these mental health presentations will begin in the classroom prior to May 8th, and will continue in discussions and projects in classrooms following the event.

If you have any further questions please contact the school.

Sincerely,

Erin Bell
Vice Principal
William G. Davis
Waterloo Region District School Board
(519) 653-2384

