## Greetings!

The Humanities classes have learned about Mental Health Literacy, Social Emotional Learning (SEL) and practicing mindfulness. We had our Student Well-being Coach, Mrs. Nolin, visit our class to introduce the concept and we did a few mindfulness activities. Mindfulness is a scientifically based approach to developing focused attention and emotional regulation. It means paying attention in the present moment to our thoughts, feelings, or surrounding environment. For the sake of simplicity, we can define it as noticing what is happening right now. It also includes the intentional nurturing of positive states of mind such as empathy and kindness. Teachers have found over the years that sharing mindfulness/SEL with students helps to encourage more skillful interactions and reactions and supports learning readiness. We will be using resources from our School Board, School Mental Health Ontario, the Ontario Ourriculum and Mindful Schools.org.