



Dear KPR Families,

As a school community we are very happy to welcome our students back following the holiday break. As we shift to remote learning, we can appreciate how difficult the transition has been for students, their parents/ caregivers, and staff. Please know that your child's learning, mental health, and well-being is very important to us, and that we are here to help. At KPR we will continue to prioritize your child's well-being through a range of classroom-based supports and programs, and professional services. You are not alone; we will continue to navigate together.

It has consistently been demonstrated that the pandemic has had a significant impact on children and youth's mental health. [WITH CARE](#) is a tip sheet that has been developed by School Mental Health Ontario, for use by parents and caregivers. This resource may be helpful in recognizing and understanding the signs or symptoms of a mental health problem for children and youth.

If you are concerned about your child's mental health, there are a number of ways that you can seek help. Please speak with your child's classroom teacher or their Principal who can help to direct you to resources and supports within the Board, or in your community.

If your child requires urgent assistance with their mental health symptoms, there are a number of excellent crisis-based resources available to KPR students:

[Kids Help Phone](#) at 1-800-668-6868 or by texting CONNECT to 686868 provides 24/7 access to counselling support for children and youth.

The [Black Youth Helpline](#) offers support for all youth and specifically responds to the need for a Black youth specific service, and provides professional, culturally appropriate support for youth, families, and schools. Please call: 1-833-294-8650

The [Hope for Wellness Helpline](#) offers mental health counselling and crisis intervention to all Indigenous peoples across Canada. Please call 1-855-242-3310

The [Métis Nation of Ontario \(MNO\)](#) offers a 24-hour Mental Health and Addictions Crisis Line with culturally specific mental health and addiction supports for adults, youth, and families in Ontario in both English and French, please call: 1-877-767-7572.

Families should also use [Ontario 211](#) to explore additional community-based services in your area.

We recognize that during these very difficult times, everyone has had a different experience with the pandemic and that each of us has different challenges to navigate during these times. While there is no single approach that will meet everyone's needs, we do hope that in working together we may be able to mitigate the challenges associated with this current shift to remote learning.

