

# Thinking about children's mental health, what should the ministry and school boards

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<b>STOP doing</b>	<b>Votes</b>
COVID shots should not be discussed in school. It puts pressure & stress on the children. It must be left to the parents discretion.	63
Stop focusing on "mental health" like it was something that can be "cured". Teach resilience and competence so we can manage mental health throughout life.	29
Stop referring to the "gifted" program as such. Makes the other kids question what is wrong with themselves. Use "enriched" program.	10
No masks stop adding to our children's mental health by mandating masks	7
No masks	4
Announcing funds dedicated with no real plan or direction. Set out real goals with action plans and make it happen.	3
Stop associating mental health with the plights of others. Change the mindset from "Others have it worse" to empathy, listening, and finding support from sources that will support your needs.	2

<b>START doing</b>	<b>Votes</b>
Offer education to staff and students about people with Autism Spectrum Disorder. How to work with /teach/recognize these individuals. Also, the barriers associated with social, behaviour, comprehension and sensory needs. And the strengths or successes of people with Autism	109
Help Children understand that asking for help in terms of mental health is okay. Continue to work with community to decrease stigma.	64
Start focusing on Christian prayer and meditation and not secular "mindfulness". There are tons of resources for teachers on how to do this	50
Consider an initiation day for grade 10 students this year like they do for grade 9 students entering high school. Our students who entered grade 9 last year did not get the experience they expected and therefore probably don't know a lot about the school as other years would (lockers, library, common spaces, changing classes etc)  YES!!!	45

teach faith and prayer as part of the curriculum Prayer is a form of meditation and speak to the importance of quieting the brain and being aware of one's feelings and how your body reacts to emotions. These can be short practices completed daily.	42
Showing children how to manage failure and challenges in an age appropriate way. Show them they can be more than they are through hard work.	36
Start teaching our children accountability. If they don't do the work they won't be rewarded. Sometimes you lose or fail, but we have to get up and keep working at it to succeed. Life lessons.	34
Offer mental health support at all times. Make kids aware of when to ask for help  -Social Emotional Learning is important all the time beyond this pandemic.	29
Ensure kids know bullying is not the same as assault. Verbal assault and assault online is so much more than "bullying"	24
offer supports & ways to deal with the effects of the pandemic. Many kids have been isolated for so long, may need to learn basic skills	22
Fund workshops for parents and families on mental health (ie lectures, meditation camps, etc)	22
Teach that Success is to be measured not so much by the position that one has reached in life as by the obstacles which one has overcome.	20
Decrease class sizes. In doing so teachers can get to know their students on a deeper level. Smaller class sizes will help foster the student/teacher relationship. Students will feel like they are being heard, and allows teachers the opportunity to be aware of any potential issues early on in the process.	19
Teaching our children follow the Ten Commandments to get the opportunity to have better choices	16
Building relationships again let the first week of school just be fun activities for all grade levels	15
Removing cell phones from the classroom as they are a distraction. They also have a huge impact on childrens mental health.	14
Suicide prevention among high school students.	12
Investing in outdoor classrooms and other spaces for learning. Classrooms have had the same layout for over 100 years and children learn in a variety of ways.	12
Children will become adults living one of these Vocations of service; single, married or religious. Prepare them to be successful at it.	11

Set up programs to get all learners up to speed on curriculum so we don't have these children forgotten along the learning path. Not all great with virtual learning and retention of learned skills. Increased confidence when attending later classes.	10
Offer community classes for children with Autism Spectrum Disorder in more grades than JK. These individuals may not be able to learn in a regular class or need an educational assistant.	8
Social workers need to be more present in the schools. Once a week isn't enough. Maybe make one position per school at a minimum.	4
	3
Get the staff in the schools who have the correct training to work with mental health issues. Training teachers who have a curriculum to cov	0
Hire trained personnel. One day training for teachers who are delivering curriculum cannot be the solution.	0

<b>CONTINUE doing</b>	<b>Votes</b>
Some boards have student lead mental wellness messages on social media - continue that - kids listen to peers more than parents. Create a community wall at school where kids can write on it and respond to weekly question ie "today, I feel..." these responses will provide information to the staff and principal about how kids are feeling and perhaps they could create morning messaging/activities to help. </div>	67
Continue with mental wellness exercises and check-ins	48
Continue expanding resources and links online through the School Mental Health Ontario website	22
Continue to teach communication skills but maybe add some focus around positive and constructive feedback and how to deescalate conflict.	21
Emphasize that every child is created and loved by God and He has a plan for their lives. Seeking + Living it out = Happiness.	10
Not making it hard for children to access programs. Use outside services if required .	9
Utilize exisiting community resources, such as Church youth groups, to provide social supports for struggling children.	5