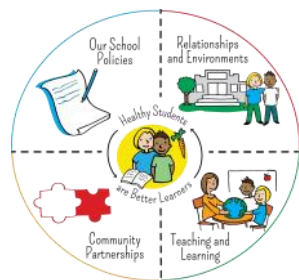


HPS NEWS

June 2021



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Final thoughts for 2020/21

This is our final HPS newsletter for the school year. It's meant to provide you with links and resources for a safe and happy summer break.

We wish you all the best and look forward to seeing you again in September!

Mental Health Resources

This year has challenged our ability to respond to stressful events and to adapt to a changing environment. These free resources can help us recharge over the summer



- [MindWell-U](#)—Free 30-day mindfulness challenge that takes less than five minutes per day.
- [TAO Nova Scotia](#)—Free and private online resource that includes activities and videos for people having challenges with their mental health.
- [Wellness Together Canada](#)—Provides access to free live counselling, text chat support, mobile apps and other mental wellness programs.

Supporting Residential School Survivors and Indigenous People:

WHAT CAN YOU DO?

- Donate to organizations that support counselling and other supports for survivors and their families, and provide education about the legacy of residential schools, such as:
 - National Indian Residential School Crisis Line
 - Legacy of Hope Foundation
 - Orange Shirt Society
- Support Indigenous artists, dancers, singers, dancers, language learners, and small business owners. They are helping communities heal.
- Host an Orange Shirt Day at your school or workplace to commemorate survivors and those lost at residential schools.
- Get up the voices of Indigenous people, especially survivors.
- Hear the stories of survivors and their families. Watch *We Were Children*, read *Out of the Depths* by Isabelle Knockwood, and other memoirs by survivors.
- Give room for Indigenous community members to mourn. While the news isn't surprising, communities are grieving for all the children they have lost, and are sharing the grief of the 70,000 to 80,000 First Nations.
- Call on your local Senators to pass Bill C-57's National Day for Truth and Reconciliation, and call on your provincial government to designate the National Day for Truth and Reconciliation as a general holiday under the Labour Act.
- Visit Indigenous cultural heritage sites to learn about the traditions, culture, and resilience of your local communities.
- Re-read the final report of the Truth and Reconciliation Commission and think about how you can implement the Calls to Action in your own life.
- Learn about the reconciliation issues that you face.
- Register for UBC's open online course in Indigenous Studies and Reconciliation for free.

Your actions are so important to healing and understanding.

Supporting indigenous communities

We've entered National Indigenous History Month mourning the lives of 215 children whose remains were found at a residential school in Kamloops.

The Assembly of Nova Scotia Mi'kmaw Chiefs have developed this resource to suggest ways people, particularly non-Indigenous allies, can offer appropriate support and amplify Indigenous voices.

Keeping kids active this summer



As the weather warms up and we get ready for another summer with COVID-19, this video from Dr. Sarah Moore at Dalhousie University has some great tips on what young people need to stay healthy and active.

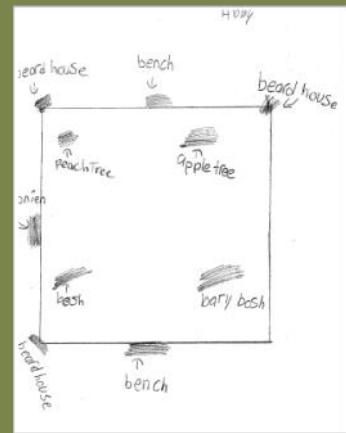


Northport Elementary principal Angela Trenholm and Grade 4 student Ava, who made this project happen.

At the beginning of the school year, a group of students at Northport Consolidated built some birdhouses as part of an art project. Afterwards, one of the Gr. 4 students, Ava, decided that they should create a beautiful space outside where they could hang the birdhouses and which could serve as a calming, inviting place for both students and birds. When principal Angela Trenholm learned about UpLift, she saw an opportunity to make Ava's vision a reality.

Shali and Connor, the UpLift Youth Engagement Coordinators, reached out to Dalhousie University's School of Planning and found four Master of Planning students to work with the Gr. 4, 5, 6 student leadership team to design a Tranquility Garden and develop a plan to build it. Through a series of virtual meetings, the Dal students determined which elements were important to include from the students' perspectives and put together a plan. Students from Pugwash District High will be building the benches, and a variety of fruit trees, flowers, and greenery will be planted. Due to COVID-related delays, the garden is expected to be completed in the fall.

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Students sketched their dream gardens and worked together to come up with a common goal.

This is one example of the ways UpLift supports healthy school communities. Students like Ava have the drive to develop an idea into a full-scale project. With funding, community support and a strong school health champion in Ms. Trenholm, these students will create a space to learn, play and grow.

All elementary and junior high schools in CCRCE are eligible for a \$5,000 grant to support a student-led health project. To learn more about UpLift or to express interest in participating next school year, contact Youth Engagement Coordinators [Shali Manuel](#) or [Connor MacEachern](#).



Northport Elementary students met virtually with Dalhousie Master of Planning students to turn their sketches into reality.

CCRCE Health-Promoting Schools is a partnership between CCRCE and Public Health, Northern Zone. The HPS newsletter is distributed monthly during the school year



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