

Dear Parents/Guardians;

April 2019

On Thursday May 9th 2019, your child will participate in several Mental Health presentations as part of their Health curriculum. This learning event is scheduled during National Mental Health week.

Over the course of the day students will be supervised by teachers in walking to Langs at 1145 Concession Road. Students will be in large groups and 3 periods of the day will be missed while their group attends the fair. Langs is a neighbourhood-based organization that provides a range of health, social, educational and recreational programs and services. Langs 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 have the opportunity to participate in presentations from local organizations providing Mental Health and other supportive services in Waterloo Region. Several of the organizations have offices in the Langs facility. Agencies presenting include: Waterloo Region Police services, Lutherwood, Langs, Ray of hope, WRDSB Mental Health support staff and the Y.M.C.A. Topics covered by the presenters will include:

- Anxiety and Depression
- Cyberbullying & Social Media
- Healthy Coping
- Addictions & Mental Health

The topic of Mental Health has been taught in the classroom prior to May 9th and will continue in discussions and feedback following this Mental Health Fair.

All students will be participating in this fair as a part of their Health program. Your permission is needed for them to attend.

There is no cost to this Health Fair.

Sincerely,

William G Davis  
Phys Ed Dept