

Support Services



Renew & Recharge Quarterly

Creating Mental Health and Wellness Connections

The Renew & Recharge Quarterly is a newsletter with a Mission & a Purpose. We hope to inspire YOU to Rest when weary, to Rebuild your strength, to Revive your energy and to Rekindle your soul.



Improve the Way You Learn

Learning does not just happen within the four walls of the classroom. There is a constant stream of learning opportunities that surround us everyday. In what ways might we be able to make learning a part of our day-to-day lives so that we challenge ourselves to step outside of our routines? [Shifting Mindsets, the Jungle Tiger Challenge](#)



Strike A Balance As You Get Back Into Routine This Fall.

September is here, and with the arrival of the cooler crisp air and changing colors we are adjusting to getting back into the comfort of our familiar routines. Getting back into the swing of things can be quite hectic after a summer of relaxation -- holidays are over, kids are back at school, school year activities begin and your personal time is minimal. [Take 5](#)



Apple Schools - A Project Promoting Healthy Living for Everyone In Schools.

Apple School is an innovative school focused health promotion initiative that offers many resources and ideas around healthy eating, physical activity, and mental health habits. Apple Schools offers fantastic staff wellness ideas in the form of fun contests, interactive activities, student wellness ideas, and parent resources to implement wellness at home. [Apple Schools](#)



TEACHING REFUGEES WITH LIMITED FORMAL SCHOOLING

For many people, wellness is often a work in progress. As our insight into strategies to support our own wellness continues to develop, we may want to share these golden nuggets of learning, with our students. With an increasing number of English Language Learners entering our classrooms, it is important to recognize that many have come from places around the world where trauma may have been more prevalent. If you are searching for ways to understand the needs of these students, and how you can support them, the link below may provide you with some useful, practical ideas! [Supports and Resources](#)



Adults Need Recess Too.

We all know that the research shows that play is necessary for children's development. Did you know it is also necessary for adults to find time to play. What is play? How do we find time for it? This brief article will shed some light on what it means for adults to play and why it is so important. [Better Today](#)

Renew and Recharge Word Search

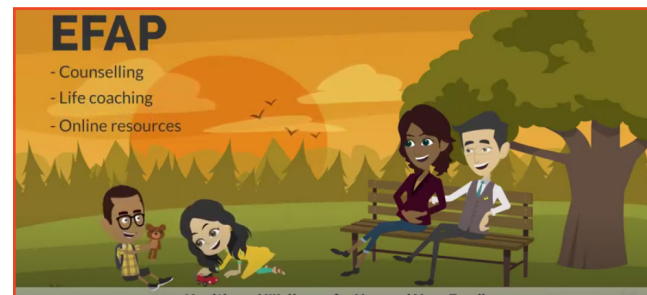
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F	E	E	P	E	B	E	I	L	C	I	R	Y	B
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RELAXATION
PLAY
BALANCE
RENEW
TIME
FUN
REKINDLE
REBUILD
HEALTHY
RECHARGE
REFUGEES
RESOURCES
BRAIN
ACTIVITY
SUPPORT
WELLNESS
CHALLENGE
LEARNING
REVIVE
TIGER
REST
RECESS



Excellence Is Not An Accident - It's A Science!

[Dr. Greg Wells](#) breaks down the science of health, human performance and ultimate potential. Engaging leading experts in a variety of fields, Dr. Greg explores the amplifiers that propel us toward high performance and beyond the obstacles that challenge us. Listen in and learn about 1% gains that can make a massive difference in your life.



EFAP Health and Wellness Program

An EFAP is a program that supports health and wellness for you, your spouse and your dependent children. It includes counselling, life coaching and online resources to help you manage stress, mental health issues or anything else life throws your way. [Counselling Orientation Video Link](#)

brain rules BY JOHN MEDINA

Brain Rules are simply facts that we know to be true about the human brain. John Medina's book "12 Principles for Surviving and Thriving at Work, Home and School" is an easy read that summarizes the science between each rule and looks at how the information can be applied to wellness and success in our daily lives based on neuroscience and biology research. [Brain Rules](#)



[Today's Big Ideas - Growing Minds](#)