STUDENT SUPPORT SERVICES @BHNWellness

BRANT HALDIMAND NORFOLK
Catholic District School Board



October Newsletter

From the Desk of Student Support Services

Important Dates

🗓️ Oct.6•PA Day | 🧠 Oct.10•World Mental Health Day | 🌽🫘🥒 Oct.12•Thanksgiving| 💜 Oct.29•Dress Purple Day

💚 WORLD MENTAL HEALTH DAY	🍂 THANKSGIVING	💜 DRESS PURPLE DAY







Mental health affects how we think, feel, and connect with others.

- ✨ Check in with a friend
- ✨ Practice self-care
- ✨ Spend time outdoors
- ✨ Reach out for support when needed

💚 Every conversation about mental health helps build a stronger, more supportive school community.

As our school community approaches Thanksgiving, we take time to reflect on gratitude, connection, and the joy of sharing.

We express our sincere gratitude to the Haudenosaunee and Anishinaabe Nations, the traditional caretakers of the land where our schools stand.

🌽🫘🥒 The Three Sisters symbolize cooperation, sustainability, and community.

🍂 Happy Thanksgiving from Student Support Services!

Students and staff are encouraged to wear purple in support of children's rights and well-being.

- 💜 Wear Purple
- 💜 Promote Kindness and Belonging
- 💜 Support Safe and Caring Communities
- 💜 Together, we can make a difference