

FOR IMMEDIATE RELEASE

### **RETSO Bands Together for National Child and Youth Mental Health Day**

(May 7, 2019) River East Transcona School Division is banding together to support Canada’s National Child and Youth Mental Health Day on May 7, 2019. The division’s Mental Health Committee is providing a green wristband for every student in the division to wear that day with the message, “Band Together in River East Transcona School Division for Student Well-Being.”

It’s one of the committee’s efforts to raise awareness of the importance of building student resiliency and positive mental health.

“The bands are a symbol of the division’s commitment to the important cause of child and youth mental health and they’re one of the steps our Mental Health Committee has made to increase awareness and reduce stigma,” says Brenna Frith, vice-principal of Miles Macdonell Collegiate and committee member.

RETSO students and staff will also be encouraged to wear green on May 7 to support this special day, which was established in 2007 by Keli Anderson and has been led since 2010 by FamilySmart®.

“Our schools have woven the building of resiliency into their curricular classes and they regularly educate staff and parents about how to cope with and remedy anxiety in our students,” says Kelly Barkman, superintendent/CEO. “By marking this day, we hope to highlight these efforts and continue the conversation about positive mental health.”

To learn more about National Child and Youth Mental Health Day, visit:  
<http://www.familysmart.ca/program/health-literacy/may-7th-icare/> and  
<http://www.familysmart.ca/may-7th-happened-like/>

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