



# Sun Valley School

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Dear Parents/Guardians of Grade 2 students,

We are excited to introduce to you a school initiative to support student skill development that promotes resiliency and positive mental health. We understand better than ever that positive mental health is foundational to academic achievement, effective life skills, and overall well-being. Positive mental health is important for ALL students and supports the goals of prevention, inclusion, compassionate support, and healthy development.

The initiative at our school will have two components.

1. Incorporating lessons into regularly scheduled health classes using the curriculum outcomes and highlighting five social emotional skills that are known to improve student resiliency. The five skills are:
  - Self-Awareness- recognizing one's emotions and thoughts and how they influence our behaviour
  - Self-Management- the ability to regulate one's emotions, thoughts and behaviours effectively in different situations
  - Social Awareness- the ability to take the perspective of and empathize with others
  - Relationship Skills- establishing and maintaining healthy and rewarding relationships
  - Responsible Decision Making- making respectful choices about personal behaviour and social interactions based on consideration of self and other
2. The second is to have the students complete an anonymous on-line survey before and after the lessons are taught. The survey will take about 15-20 minutes and will ask questions related to the five social emotional skills. We will use the survey results to guide future planning to enhance student well-being and foster positive mental health.

Students will be given the opportunity to participate in the survey, but their participation is not required. If you would like more information, please contact me at 204-663-7664.

Yours truly,

M. Beauchamp