



Counsellor Connections



Dear Parents and Guardians,

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This month, we challenge everyone to commit to one small act of kindness each day. Whether it's saying "hello" to someone new or lending a hand to a friend, every act counts in making our school a warmer, friendlier place.

Remember, kindness is contagious – the more we spread it, the more it comes back to us! Let's continue to cultivate kindness and build a community where everyone can thrive.

Mrs. Handel Recommends

Practice Self-Kindness

Self-care: Take time to relax, recharge, and nurture your mental, emotional, and physical well-being. Engaging in hobbies or activities that bring you joy can foster a sense of kindness toward yourself.

Gratitude Journaling

Write down what you're thankful for: Keeping a gratitude journal encourages you to focus on the positive aspects of your life, which can lead to greater kindness toward others.

Read More

You hold me Up by Monique Gray Smith

The book celebrates the idea that we lift each other up through our actions, words, and relationships, creating a sense of belonging and strength

Did You Know?

Kindness Boosts Mental Health

- *Kindness has a direct impact on mental health. Performing acts of kindness can reduce feelings of loneliness, depression, and anxiety. Helping others triggers a sense of accomplishment and self-worth, which boosts self-esteem and mood.*

Contact Us

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