



**DURHAM CATHOLIC
DISTRICT SCHOOL BOARD**
Learning and Living in Faith

Memorandum

To: Board of Trustees

From: Tracy Barill, Director of Education

Date: April 22, 2024

Subject: **Presentation: Catholic Education Week and Mental Health Week 2024**

Origin: Katharine Stevenson, Superintendent of Education

Please find attached a copy of the following presentation: "Catholic Education Week and Mental Health Week 2024."

TB/PS/pw
Attachment: Presentation

Catholic Education Week & Mental Health Week 2024

Celebrating Catholic Identity and Gift of Catholic Education

May 5 - May 10, 2024

Catholic Education Week 2024



"If we love one another, God lives in us."
(1 John 4:12)

We are called to love...
...as a people of hope
...as a people of faith
...as a people of mercy
...as a people of justice
...as a people of joy

Inspired by the following considerations:



- 2025 Jubilee Year – Pilgrims of Hope
- Fifth anniversary of *Renewing the Promise*
- Synodal practice of listening
- Papal Visit to Canada and commitment to Truth and Reconciliation
- Mental Health Awareness Week
- Equity and Inclusion in Catholic schools

Ontario Catholic School Trustees' Association Resources



- CEW Song, Prayer, Poster, Logos
- Elementary book list, lesson plans, Faith Play Day, Living Rosary
- Secondary daily prayers and announcements, reflections, Secondary Retreat, scripture references
- Liturgies of the Word and Eucharistic Liturgies

Mental Health Week




“Compassion isn’t just about being kind to others, it’s about extending that same kindness to ourselves”

Faith Formation/Student Services Resources

- Morning prayers and announcements for Administrators and Chaplains
 - Five CEW sub-themes
 - Five mental health strategies: breathing, muscle relaxation, visualization, distraction, gratitude
- Elementary Lesson Plans associated with the OCSTA curated book list
- Virtual Field Trips for each division

Calm Breathing



Just Breathe

Focus on your belly, maybe put your hand there.

As you breathe in deeply through your nose, send this breath all the way down to your stomach.

Breathe in... feel your stomach expand and your hand move out.

Breathe out... feel your stomach contract and your hand move in.

Listening, Learning, and Living in Faith

CEW and MHW Resources on dcdsb.ca



Catholic Education Week



Mental Health Activities
and Strategies



Elementary Bookshelf



Mental Health Resources



Ontario Catholic School
Trustees' Association



Week's Events



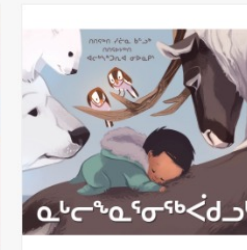
Elementary Bookshelf



Sweetest Kulu



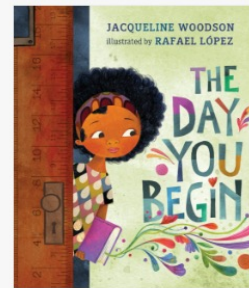
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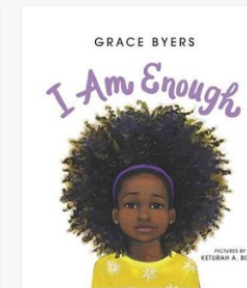
Whimsy's Heavy
Things



The Day You Begin



Ish



I Am Enough



When We Were
Alone



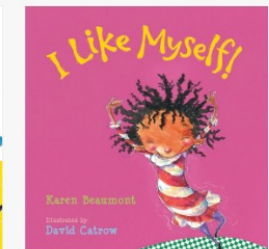
Walking Toward
Peace



I Am Enough

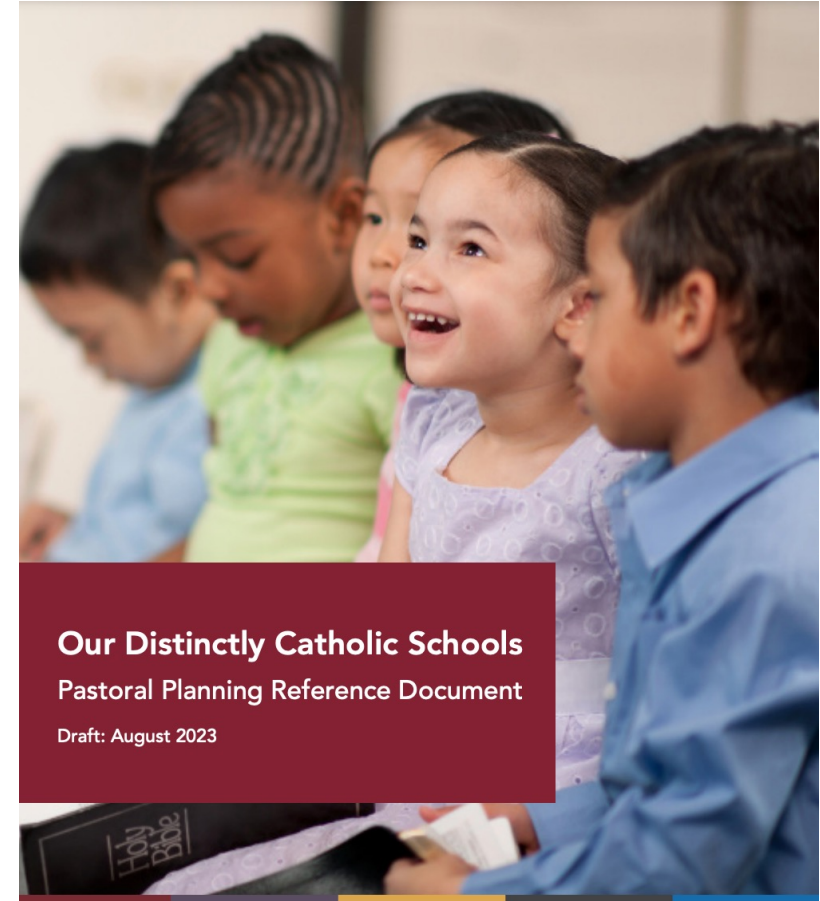
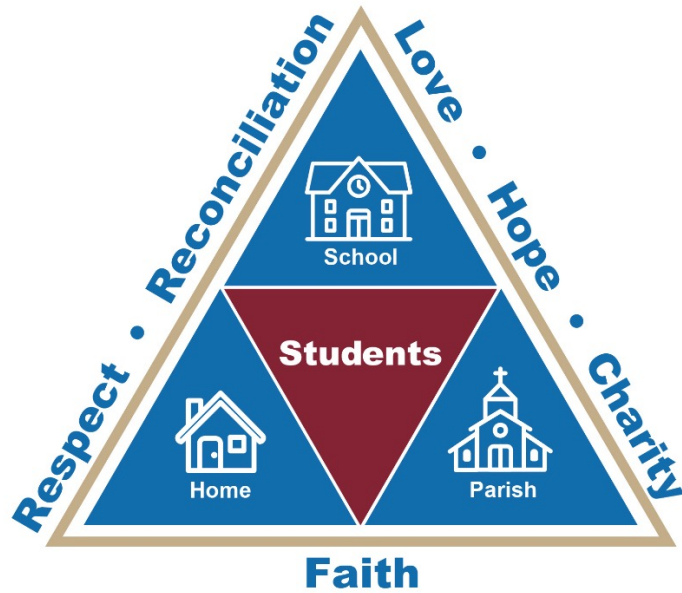


All Are Welcome



I Like Myself

CATHOLIC EDUCATION WEEK



Our Distinctly Catholic Schools Pastoral Planning Reference Document

Draft: August 2023

dcdsb.ca/OurFaith

