



MENTAL HEALTH MONTH TAKES ON NEW IMPORTANCE DURING THE PANDEMIC

Students, school and District staff are sharing how to support mental wellness – as now, more than ever, we need to look after ourselves and each

. Guest speakers and conversation topics ranged from substance abuse to de-stigmatizing conversation around mental health. And in advance of Mental Health Month, the District Student Advisory Council presented a full-day, student-led conference. It was supported by District staff and covered everything from healthy relationships and stress to the importance of sleep. Several schools had an additional spotlight on mental health week. The theme for [Burnaby Central Secondary](#)'s Wildcat Wellness Week was "Surviving or Thriving?" With a different focus each day on topics such as mindfulness, technology and fun, students also explored their sense of self

