



ANDERSON ELEMENTARY SCHOOL

Weekly Newsletter

Principal: Mr. S. Harrington Vice-Principal: Ms. L. Scharf
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Anderson School

This Week's News! – April 18th to April 22nd



Hot Lunches are back!

HOT LUNCHES ARE BACK!

All food will be individually packaged, with your child's name, and delivered straight to their classroom.

Our Hot Lunch Days, Fusion Feast Pizza AND Subway:

1. Subway – Wed. April 20th – Orders must be in by Friday, Apr. 15th
2. Pizza – Wed. May 4th – Orders must be in by Friday, Apr. 29th
3. Subway – Wed. May 18th – Orders must be in by Friday, May. 13th



Be sure to order today to not miss out!

The MunchaLunch link is on our website for ordering.

Social Media and the use of Discord

What is Discord?

Discord is a free online messaging platform that allows users to create groups chats. Once invited into a chat, users can remain anonymous and message others without identifying who they are.

For elementary aged students, this can cause many different social issues and create anxiety when mean or inappropriate things are added to the chat. Discord is NOT a supervised platform and Elementary aged students should not be accessing this messaging platform.

The Discord policy states that the minimum age for an account is 13 years old.

Please check in with your child regarding Discord and we STRONGLY encourage all online experience be supervised by a parent.

As part of Mental Health Week (May 2nd – 8th), Richmond SD 38 presents....

A parent information session on Adolescent Mental Health & Wellness –
May 4th, 2022 (**on Zoom**) featuring:

Dr. Yifeng Wei, MA, PhD
Dr. Li Sha, MEd, PhD
Andrew Baxter, MSW RSW

This Parent Mental Health Literacy session is designed by [mentalhealthliteracy.org](https://www.mentalhealthliteracy.org) for parents and families to improve their understanding of mental health and mental disorders, reduce stigma surrounding mental illness, encourage help-seeking and promote mental health. It is designed to align with the Mental Health & High School Curriculum Guide for youth and educators. The session aims to promote parent mental health literacy so that parents and families can support their children's mental health more efficiently and effectively.

This parent session will discuss the conceptual understanding about mental health, child brain development and common mental disorders occurring during adolescent years (e.g., depression, anxiety, attention deficit hyperactivity disorder, and substance use disorder). It further provides evidence-based help-seeking strategies and information about treatment options to support youth in need of mental health care.

Please see the attached information flyer for additional details and a weblink/QR code to register. Closer to the May 4th date, a Zoom link will be sent to those who have registered.

**做为精神健康周（5月2日至8日）的一部分，列治文教育局将于2022年5月4日
通过Zoom举办关于青少年精神健康的家长信息说明会**

讲员：

魏屹峰博士

沙立博士

Andrew Baxter, MSW RSW

本次面向家长的精神健康素养课程是由“精神健康素养”的组织(mentalhealthliteracy.org)设计的，其目的是帮助家长和整个家庭提高对精神健康和精神疾病的认识，减少对精神疾病的耻辱感，鼓励大家积极寻求各种帮助以促进精神健康。这个课程的设计与针对青年人和教育工作者的《精神健康和高中课程指南》有内在的一致性，旨在提高家长的精神健康素养，帮助家长和整个家庭有能力更加有效地促进孩子的精神健康。

本次家长精神健康素养课程将介绍一些相关的精神健康理论知识，儿童青少年大脑发育特征，以及那些常见的开始于青少年时期的精神疾病（例如，抑郁症、焦虑症、注意力缺陷与多动症，以及物质使用障碍）。家长们将了解到如何通过选择基于科学依据的策略和各种治疗手段去帮助有精神保健需要的孩子。

请阅读附上的信息传单（有中英两个版本），了解更详细的信息和用于注册的网络链接/二维码。课程的Zoom链接将在临近5月4日的时候发送给已经注册的家长。

Important Dates

Friday, April 15th – Good Friday – **School Not in Session**

Monday, April 18th – Easter Monday – **School Not in Session**

Friday, April 22nd – **EARTH DAY**

May 4 - Adolescent Mental Health and Wellness workshop – *See Attachment Please*



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Happy Easter Weekend!