

Helping students with “Where do I get help?” and Sleep Parent resources compiled by the FHS PSSC

Fredericton High School’s School Improvement Plan (SIP) and Positive Learning & Working Environment Plan (PLWEP) each have goals concerned with improving the mental health and wellbeing of our school community. The Parent School Support Committee would like to make you aware of some of the resources available to parents when talking to your kids about their mental health and wellness.

The LINK Program

The schools of Anglophone School District West utilize the LINK program in guiding our students find the help that is right for them. The program uses a “Helping Tree” to direct students to local resource providers that can help them with a variety of issues. The latest version of the Tree is embedded on the PSSC tab of the FHS website or can be accessed by this link:

<http://thelinkprogram.com/en/helping-tree/fredericton>

Teenmentalhealth.org:

This website offers a wealth of information and was developed by Dr. Stan Kutcher, an expert in adolescent mental health and who works with the IWK Health Center and Dalhousie University. (Link: <http://teenmentalhealth.org/care/parents/>) There are many videos and downloadable documents for you to view.

Coming Soon: Strongest Families Institute

The Province of New Brunswick has recently partnered with Bell Let’s Talk to fund mental health support for children and young people with complex mental health needs. The “Strongest Families Institute” provides e-health services to families. Beginning this spring families in NB will have access to the services of the Strongest Families Institute, for more information visit: www.strongestfamilies.com

Teens and Sleep:

Experts agree that teens need more sleep (9-10 hours per day) because their bodies and minds are developing quickly. The Canadian Pediatric Society provides the following suggestions to help teens get more sleep (see: http://www.caringforkids.cps.ca/handouts/teens_and_sleep)

- Have a relaxing bedtime routine
- Always fall asleep in bed
- Limit naps during the day
- Get exercise every day
- Avoid caffeine
- Limit screen time before bed
- Make sure they are not trying to do too much

The Children’s Hospital of Eastern Ontario (CHEO) has produced a great pamphlet that explores these suggestions (and more!) you can find it online here: <http://www.cheo.on.ca/en/Sleep-Youth>

