

Wednesday, April 14, 2021

Head Office

P.O. Box 3110
963 Airport Road.
North Bay, ON
P1B 8H1
Fax: 705.472.9927

Main switchboard
for all offices:
705.472.8170

Toll free:
1.800.278.4922

Web site:
www.nearnorthschools.ca

Dear Parents and Guardians,

During the 2020-2021 school year, the NNDSB Parent Involvement Committee (PIC) is focusing on the Ministry of Education goal of promoting well-being.

For students to achieve academic success their well-being is critical, and parents play an essential role in achieving these goals. Through the guidance of our PIC parent co-chairs, the themes of mental health, connectedness and communication were identified to create an online three-part speaker series.

We are pleased to offer three one-hour sessions presented by the NNDSB Mental Health and Education Technology departments.

The sessions are being held on three consecutive Wednesdays, beginning next week. The dates and topics are:

- April 21 - **Strategies to Help Your Child with Mental Wellness** (Susan Lessard) for parents of students in Grades K-12
- April 28 - **How to Help a Friend with Mental Wellness and What to Do if You or Your Child Are Struggling** (NNDSB Mental Health Team) for all parents, highly recommended to participate with teen
- May 5 – **Staying Connected to the School through Technology** (Justin Hawn and Andy Rogers) for parents of students in Grades K-12

Please click on the link to our [Sway](#) where you will find more details and the link to register.

We hope you will join us!

Sincerely,
Near North District School Board