May 4–10 is Mental Health Week. The Canadian Mental Health Association and Children’s Mental Health Ontario remind us that connecting with others protects our mental health. This week find time to safely connect with a friend, a family member, a neighbour, or your school. You can use the phone, facetime, snapchat, text, or even write a letter. And maybe when you are connecting you can let that person know what you appreciate about them!

A daily routine that starts and ends with regular wake-sleep times is extremely important for health and wellness. When we don’t get enough sleep we have trouble concentrating, can’t problem-solve properly, get irritable, and our reflexes are much slower. Children need 10–11 hours of sleep a night. Teenagers need at least 8 hours but 9 or 10 is better!

To learn more about mental health and other resources in your community visit the UCDSB website, call 211 or visit the 211 website.