**TEMPLATE ARTICLE/EMAIL/POSTING**

New Grade 7/8 Mental Health Literacy Modules Support Student Mental Health and Well-being

This fall, the Ministry of Education has introduced a series of three modules per grade to support the **existing** **mental health literacy expectations** within the grades 7 and 8 **Health** and **Physical Education** curriculum. This series of three, 40-minute modules per grade will be delivered by educators to support the existing mental health literacy expectations within Strand D of the Health and Physical Education curriculum. They’re not new learning – they offer ways to enhance the delivery of the existing curriculum and focus on mental health literacy. 

This learning will help equip students with inclusive, culturally responsive, evidence-informed knowledge, skills, and strategies to support their mental health and well-being. They align with and support the work we do in xxxx board to support student mental health.

The modules were informed by extensive consultation with parents/ caregivers, students, cultural and community organizations.

There are important reasons to bring these modules into the classroom:

* Students [**want**](https://smho-smso.ca/online-resources/hearnowon-2021-student-voices-on-mental-health-final-report/) to learn more about mental health at school.
  + This learning helps students develop skills that support positive mental health.
* Mental health learning supports learning in all other areas.
  + This learning can encourage conversations and help students in need reach support.
* As caring adults in the lives of young people, we want students to be well~~!~~

[Feel free to watch the introductory video that provides more information](https://vimeo.com/857720241/3877843c8c?share=copy)

[And here is a social video to share](https://vimeo.com/manage/videos/860932221)

Our board will provide clear and direct support as we implement these modules. That includes *(insert local board support plans)*

If you have any questions , feel free to contact me at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_