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To: Horizon Families and Staff
From: Kevin C. Garinger, Director of Education
Date: May 6, 2020
Re: Supplemental Learning & Mental Health

Good evening, Horizon families and staff.

May 4 - 10, 2020 is Mental Health Week in Canada, and I want to take this opportunity to check in with families across Horizon School Division.

First, I will share a reminder that our Student Counsellors are ready and available to provide support for your children, should the need arise. Please do not hesitate to reach out to your child's teacher or principal to access these counselling services. Our whole world is in a difficult situation, one that none of us have faced before. We need to be more aware than ever of the support our children may need throughout this time of social isolation and increased anxiety. I want you to know that Horizon's professional counselling supports are only a phone call away.

Also, we must continue to take care of ourselves, continue to engage in healthy, positive activities, and continue to be mindful of our own mental health. Healthy adults create healthy children. You have already done extremely well to maintain healthy routines for yourselves and your families in these challenging circumstances. I cannot thank you enough, our Horizon communities, for your continuing efforts and support.

May 4 began our third week of Supplemental Learning in Horizon. Families, students, teachers, and school division staff have done a remarkable job adjusting to the requirements of learning and working from home. We continue to adjust and finetune the learning opportunities we provide. At this time, I am asking for feedback from our families and students – your suggestions, success stories, and celebrations about how Supplemental Learning has been working for your family and children. To provide this feedback and/or share your family's celebration stories about Supplemental Learning, please do so via email at learningathome@horizonsd.ca.

Lastly, I want to share the attached information regarding a local Saskatchewan organization, called "Highlighter Helpers", which helps provide school supplies for families. If you or someone you know would like more information about this program, please review the attached information package from Highlighter Helpers.

For questions or concerns, please continue to use Horizon School Division's Communications Centre Hotline at **1-306-682-2558** (please ask for the Communications Centre). Continue to visit www.horizonsd.ca for regular updates. I will continue to remind you all of the resources available at www.saskatchewan.ca/covid19 and the provincial HealthLine that can be reached by dialing **811**.

Thank you,

A handwritten signature in blue ink, appearing to read 'Kevin C. Garinger', is written over a light blue horizontal line.

Kevin C. Garinger, B. Ed, M.A. Ed
Director of Education/CEO
Horizon School Division No. 205