

AT-HOME LEARNING



We do remember that this is not the way most of you prefer to do school. We'd rather see you in person, too! This may be a genuine hardship you're coping with. Until regular school time is back, these are some reminders of how you can stay focused and keep your mental health in mind. Never hesitate to reach out to your teachers or school counsellor. We're here to help or point you in a direction to find answers you may need, academically and emotionally.

Mrs. Paynter- elliemae.paynter@nbed.nb.ca

Canadian Mental Health Services- cmhanb.ca

Teen Mental Health info- mentalhealthliteracy.org

Kids Help Phone- kidshelpphone.ca

Call 211- phone line for non-emergency support

TRHS CARES

**STICK TO A
SCHEDULE (SLEEP,
EAT, EXERCISE)**

**CHECK YOUR
HABITS, BOTH +/-**

**REACH OUT
YOU'RE NOT ALONE**

SET SMART GOALS

TAKE BREAKS

**ORGANIZE YOUR
SPACE**

Looking for more? Watch
our videos in your D2L
announcement feed...

Got some ideas for what
other students might need
to hear? Tips that work for
you? Let us know!