



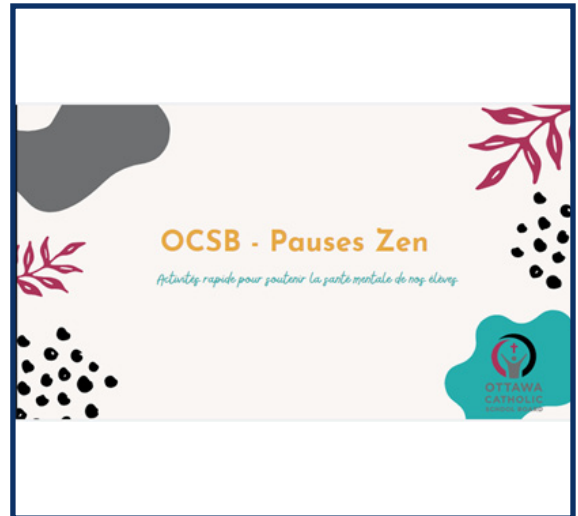
# Ici on parle français – PD grants for FSL teachers

## Pauses Zen

### Team Members:

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School District: Ottawa Catholic School Board



## What We Did

Teachers of the French department at St. Peter's School collaborated on the creation of a mental health initiative. They created discussion points and activities that teachers can quickly lead at the beginning of each class to raise students' awareness of their emotional well-being and optimize their mental health.



## What We Learned

What we've learned is that there's a significant need for students to prioritize their mental well-being and mental hygiene. It's crucial to dedicate time in the day to address our mental wellness; even just a few minutes on a regular basis can establish a healthy routine of caring for our mental well-being.



## How We Shared Our Learning With Others

Our wellness activity slides were shared with the entire French department and will be shared Board wide with the help of our French consultant at the Board office.



## Links to Our Work

[OCSB - Pauses Zen - Power Point Presentation](#)



## Any Next Steps We Have To Continue Our Learning

The next step will be to implement these activities and strategies in our classrooms and gather feedback from students on how effective they are in promoting their mental well-being.