**JCSH News and Resource Bundle for January 26 2021**

Hello everyone

Here is the News and Resource bundle for this week. Bell’s Let’s Talk Day is January 28.

Cheers

Susan

News Articles:
1. The role of art and the arts in helping kids express their feelings during the pandemic

There are two stories here, with similar messages: experiencing the arts and participating in artistic activities permit children and youth to [make sense of their world](https://www.tandfonline.com/doi/full/10.1080/03004430802666999) and improve [mindfulness](https://doi.org/10.1037/0033-2909.132.2.180), [attention](http://doi.org/10.1146/annurev-neuro-062111-150525), [creativity](http://doi.org/10.1126/science.1062331), and [cognition](https://doi.org/10.1016/j.concog.2010.03.014). The arts have experienced [difficulties](http://www.jstor.org/stable/40327130) in being seen as essential by education systems, despite the evidence of [increased academic performance](https://doi.org/10.2307/1602156) and the [development of innovative thinking](https://cje-rce.ca/wp-content/uploads/sites/2/2019/07/CJE_Martin.pdf). For school communities from educators and administrators to families, some supports to children and teens in exploring art as mental health benefit and cognitive expression include allowing for messiness and free-form, being available to hear ideas, and remaining non-judgmental. “As adults envision the futures of today’s children, it’s important that we hear and capture children’s experiences of the pandemic,” says one of the authors.

<https://theconversation.com/6-ways-to-help-kids-express-their-feelings-about-the-coronavirus-pandemic-through-art-146503?utm_medium=email&utm_campaign=Latest%20from%20The%20Conversation%20for%20January%2023-24%202021&utm_content=Latest%20from%20The%20Conversation%20for%20January%2023-24%202021+CID_1c444a6b870cfcedad5ccbb8725b2c02&utm_source=campaign_monitor_ca&utm_term=6%20ways%20to%20help%20kids%20express%20their%20feelings%20about%20the%20coronavirus%20pandemic%20through%20art>

<https://theconversation.com/brain-research-shows-the-arts-promote-mental-health-136668>

2. Being accepted, not just tolerated, is good for mental health

Although the COVID-19 pandemic is a jumping-off space for discussing student and educator wellbeing, the author of this opinion piece argues that for LGBTQ teachers, isolation and loneliness is often part of their ‘normal’ experience. American educator Dr. Peter DeWitt says he has spent much of his working life as a gay teacher and principal looking after other people’s feelings and navigating subtle and incremental discrimination. And he questions why this is not only permitted but commonplace in a system committed to creating safe spaces: “Something is still deeply wrong in school cultures,” he says. “If educators are supposed to be creating a safe and inclusive environment where all students can reach their full potential, we should check our biases at the door, or even better, explore why we have those biases in the first place. Schools, and education as a whole, need to be more accepting than “tolerant”.”

[http://www.ascd.org/publications/educational-leadership/dec20/vol78/num04/Being-Accepted,-Not-Just-Tolerated,-Is-Good-for-Mental-Health.aspx](http://www.ascd.org/publications/educational-leadership/dec20/vol78/num04/Being-Accepted%2C-Not-Just-Tolerated%2C-Is-Good-for-Mental-Health.aspx)

3. ‘Shadow pandemic’ of young people with eating disorders a challenge for health networks to treat

Canada’s largest pediatric hospital is experiencing sharp increases in the numbers of children, as young as 9 and 10, fighting serious eating disorders. This is found throughout Canada, the United States, and Britain. “There are more cases than we ever thought we would see,” said Debra Katzman, a professor of pediatrics at Toronto’s Hospital for Sick Children and the University of Toronto. “We’re seeing kids who are at a significantly lower weight than what we would have normally seen pre-COVID.… Every system of the body is affected.” The combination of isolation from peers and too much time on social media has been responsible for turning the healthy eating and improved exercise plans for many children into more dangerous behaviours. These health providers are focused on trying to keep their young patients treated and responding, and they are worried: “It breaks my heart, to be honest, to see how sick these kids are,” says London, ON dietitian and therapist Jillian Walsh.

<https://www.theglobeandmail.com/canada/article-shadow-pandemic-of-young-people-with-eating-disorders-strains-capacity/>

4.Lac Seul First Nation land-based educators adapt to pandemic virtual teaching

In the Lac Seul First Nation, roughly 300 kilometres northwest of Thunder Bay, educators are adapting the land-based practices they teach their students to include educational videos and virtual learning platforms. The students “need to learn the practices that come from living off the land and living in these communities because … we need to have a balance of western education and traditional education as well," says Weslie Wabano, teacher with the education authority and member of Fort Severn First Nation. To adjust to new requirements since the beginning of the pandemic, educators have been changing not only the learning delivery but also the cohorts of learners: "We do family groupings, so we will do much smaller groups, so we will take a student or a couple of students from a family and their family members as well, like their parents or their older siblings as well," Mr. Wabano noted. "All of the activities that have been presented are basic life skills that the participants can take home and practice on their own at the end of the day,” said educator Joe Wesley.

<https://www.cbc.ca/news/canada/thunder-bay/lac-seul-first-nation-land-based-educators-adapt-to-pandemic-virtual-teaching-1.5884739>

Resources:

Resource 1: Mental Illness in Canada Infographic

While this infographic describes the Canadian population in general, there is one point specific to school-aged children: the only population group where use of mental illness-related services increased between 2000 and 2016 were in those aged 19 and under. The [Mental Illness in Canada infographic](https://canada.ca/en/public-health/services/publications/diseases-conditions/mental-illness-canada-infographic.html?utm_source=CSIMS&utm_medium=email&utm_campaign=launch_mental_illness_infographic_2020_ENG) is the first to present information on the prevalence of mental illness in Canada using data from the Canadian Chronic Disease Surveillance System (CCDSS).

[file:///C:/Users/sjhornby/Downloads/mental-illness-canada-infographic.pdf](file:///C%3A/Users/sjhornby/Downloads/mental-illness-canada-infographic.pdf)

Resource 2: 2636. (Resource) Prevalence and correlates of medicinal cannabis use among adolescents (Research article)

The complete article is not available through Open Access. However, the conclusions are thus: “A sizable portion of secondary school students report MCU [medicinal cannabis use], which appears to be associated with more frequent cannabis use and certain substance use and health-related correlates. Research is needed to further characterize motives for self-reported MCU among adolescents.” The study was published in the August 20 2020 online version of *Journal of Adolescent Health*

<https://www.sciencedirect.com/science/article/abs/pii/S1054139X2030450X?utm_source=Canadian+Public+Health+Assocation&utm_campaign=1868580b4b-EMAIL_CAMPAIGN_2020_09_09_06_46&utm_medium=email&utm_term=0_1f88f45ba0-1868580b4b-154371407>