

Nurturing Resiliency

“The impact of trauma on children is influenced by the nature and severity of the traumatic experience, characteristics of the child, and the way the family, school, and community respond.”
(Young Children Journal, November 2014)

The 2015 Northern Saskatchewan wildfires have an indirect and direct impact on many children, families and communities throughout the province. Children and young people are particularly vulnerable during traumatic events and respond in a variety of ways. Families, schools and communities play a significant role throughout the process of responding and recovering from these events.

In response to supporting children and families that have experienced displacement caused by the wildfires in Northern communities, the Ministry of Education has compiled a list of articles and links for reference that will be useful to educators and school divisions in creating a plan of action for supporting children

and families that have experienced displacement and trauma as they transition into the 2015-16 school year. These resources are located on the *Nurturing Resilience* Blackboard page. Please refer to [Nurturing Resilience Blackboard page](#) for further reference.

The articles and resource links listed throughout the document are intended to assist educators and school divisions in “[nurturing] positive relationships, support[ing] children’s transitions to school, and creat[ing] a supportive learning environment.” (Young Children, November 2014).

Articles for Reference

- [Creating Trauma Sensitive Classrooms](#), Statman-Weil, 2015. National Association for the Education of Young Children (NAEYC), Young Children Journal, May 2015.
- [Helping the Traumatized Child in the Classroom](#), Rubin, Leonard, 2014. Child Care Exchange, September/October 2014.
- [Responding to Natural Disasters: Helping Children and Families Information for School Crisis Teams](#), National Association of School Psychology (NASP), 2003.

- [*Too Scared to Learn: Teaching Young Children Who Have Experienced Trauma*](#), National Association for the Education of Young Children (NAEYC), Young Children Journal, November 2014.
- [*Helping Children After a Wildfire: Tips for Parents and Teachers*](#), National Association of School Psychology (NASP), 2003.
- [*Recommended Books for Children Coping with Loss or Trauma*](#), National Association of School Psychology (NASP), 2003. *Resilience*, The Encyclopedia on Early Childhood Development, 2014.
<http://www.child-encyclopedia.com/resilience>
<http://www.child-encyclopedia.com/resilience/resources>
<http://www.child-encyclopedia.com/sites/default/files/docs/coups-oeil/eyes-on-resilience.pdf>
- [*Stress, Trauma and Young Children*](#), Saskatchewan Prevention Institute.
- [*Family Brochure*](#), Saskatchewan Prevention Institute
- [*The Role of Schools in Supporting Traumatized Students*](#), National Association of School Psychology (NASP), 2003.
- [*Young Children' Mental Health: What is Essential?*](#), Illinois Early Learning Project.

Helpful Links and Websites for Further Reference

- [Canadian Mental Health Association](#)
- [Centre of Excellence for Early Childhood Development](#)
Developing Cultural Competence: Crisis Response Resources
http://www.nasponline.org/resources/culturalcompetence/cc_crisisresources.pdf
- [Harvard Centre of the Developing Child](#)
- [National Institute of Mental Health \(NIMH\)](#)
- [*School Safety and Crisis Resources*](#), National Association of School Psychology
- [Saskatchewan Prevention Institute](#)
<http://www.skprevention.ca/?s=trauma&submit>

Professional Development and Resources for Educators

- *Reaching Out, Reaching In* Resiliency Workshop – November 3 and 4, 2015 in La Ronge

<http://www.skprevention.ca/wp-content/uploads/2012/12/Reaching-In-Reaching-Out.pdf>



RIRO Workshop La
Ronge.docx

- *Mother's Mental Health Toolkit* Workshop – November 5 and 6, 2015 La Ronge

<https://www.youtube.com/watch?v=zheew8MDd8>

Healthy, Supported Educators and Schools = Healthy, Supported Students

It is also important for educators, administrators and paraprofessionals to take the time to maintain and support their own health and wellness, while supporting children in crisis or experiencing trauma. Please contact the STF or the Saskatchewan Mental Health division, to find out the supports that are accessible and available for you in your local community.

STF Counseling and Wellness

<https://www.stf.sk.ca/portal.jsp?Sy3uQUnbK9L2RmSZs02CjVv0w7Zkl/ks6g2u00gzAtsk=F#https://www.stf.sk.ca/portal.jsp?Sy3uQUnbK9L2RmSZs02CjV6+6OHjzI2FdwJz+cAnA844=F>

Wellness Links

<https://www.stf.sk.ca/portal.jsp?Sy3uQUnbK9L2RmSZs02CjVv0w7Zkl/ks6g2u00gzAtsk=F#https://www.stf.sk.ca/portal.jsp?Sy3uQUnbK9L2RmSZs02CjV6+6OHjzI2Fd7UmQOmE19Q0=F>

Saskatchewan Mental Health Division – Canadian Mental Health Association

http://www.cmha.ca/branch_locations/saskatchewan-division/

Nurturing Resilience

Early Years Branch

Student Achievement and Supports Unit

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