



March Break Fun for Families!



While March break can be a good time for families to spend some quality time, it can also be filled with the stress of finding activities to do. In this newsletter, you will find some ideas and activities to help create some stress-free, cost-efficient fun throughout the March break.



Tips for Families



Ensure your March Break is a true break and not a stressful event!

- Don't put too much stress on yourself to have something planned every day, today's world is busy we can all enjoy a day of having nothing to do.
- Making meals easy and simple is key. The pressures of having a homemade meal cooked daily is hard. Instead make the meal about the experience, get your children involved in the process, come up with fancy names for simple meals- Gourmet Peanut butter & Jam sandwich anyone?
- Lean into your supports! Many parents are juggling the work life balance, co-ordinate play dates with families you trust, or plan to go on an outing together.



Activities for Families

1 Soak up the SUN!

Playing outdoors can be a great activity for families and support feelings of happiness. Check out a new park or find a new trail to walk!



2

Plan a Picnic

If the weather isn't great, plan a picnic in your living room! Pack your favourite nutritious snacks or try a new recipe for fun!

3

Spring Clean

Plan a spring-cleaning competition. Split the family into teams, assign tasks and make it a race.



4

Play Games Or Create Your Own Game

Create your own game! Gather a pile of supplies (tape/glue/cardboard/crayons) and create a large-scale board game! Don't have supplies? Play a game you already own.



Skate & Spend Time Outside!

5

Skate! Sudbury is a beautiful city and has some amazing free outdoor skating rinks; Queens skating oval, Ramsey Lake skating path!



Not feeling the outdoors?

Free public Skating is also offered through the greater city of Sudbury check out a rink near you:



SCAN ME

Where Can I Find More Information?

Explore our Mental Health and Well-Being page for valuable resources and support available at school and in the community.



Mental Health Resources

If you're struggling with your mental health there are resources available that can help you!

- One Stop Talk <https://onestoptalk.ca/>
- Kids Help Phone <https://kidshelpphone.ca/>
- Crisis help Sudbury <http://crisishelp.ca/>
- Reseau ACCESS Network <https://reseauaccessnetwork.com/>
- N'Swakamok Native Friendship Centre <http://www.nfcsudbury.org/home.htm>
- Public Health Sudbury & Districts <https://www.phsd.ca/>
- School Mental Health Ontario <https://smho-smsso.ca/>
- Youth Wellness Hub- Sudbury <https://ywhsudbury.ca/>
- Canadian Mental Health Association <https://sm.cmha.ca/>
- LGBTQ Healthline <https://www.youthline.ca/>
- National Eating Disorder Information Centre <https://nedic.ca/>
- Body Brave <https://www.bodybrave.ca/>
- Dare to Be Aware D.A.R.E. <https://www.daretobeaware.ca/>
- Children's Mental Health Ontario <https://cmho.org/>
- Jack.org <https://jack.org/Home>