

Roots of Resilience

Nurturing Wellness in Students & Families

May 2024



This Teacher Appreciation Week, we're saying
Thank You to Educators!



Teacher Appreciation Week May 6-10, 2024

There are countless stories about teachers going above and beyond for their students. Let's take time out this week to let our teachers know they are heard, appreciated, supported, and respected. Here are just a few ways to let our educators know they are appreciated:

- Write your teacher a thank you card
- Ask to decorate your teacher's classroom door
- Place your teacher's favorite candy on their desk
- Draw them a picture

© Copyright 2024 National Education Association

MAY IS MENTAL HEALTH AWARENESS MONTH!

2024 Theme: Where to Start

Mental Health Awareness Month has been observed in the US since 1949. Although mental health is a topic being discussed more openly, "**Where to Start**" is sometimes an obstacle for many people wanting to start addressing their mental health needs.

These are 3 ways to start taking care of your own well-being:

* **SEARCH & LEARN** about mental health resources in your area

* **ACT & ENGAGE** with MH services to build your toolbox to manage stress, difficult emotions, and challenging situations.

* **ADVOCATE** to improve your mental health for yourself. Your friends and family and your community.

© Copyright 2024 Mental Health America, Inc.

Resilience: Ten valuable tips to develop skills and bounce back from rough times.

In May 2011, the renowned American Psychological Association, a trusted source in the field of psychology, published a digital article specifically tailored to teenagers. This article provides easily adaptable strategies for overcoming difficult times. The resource offers ten crucial tips for building resilience and empowering teens to bounce back and thrive. These tips include:

1. **Stay connected.** When going through tough times, reaching out to your friends, parents, and family is super important. Don't be afraid to share your thoughts, even if they differ from your loved ones'. Ask questions and listen to their answers; it's all about having a good chat.
2. **Cut yourself some slack.** Do not stress and take it hard on any complex situation you are going through to control your emotions more quickly for any cause. Take one day at a time.
3. **Create a Hassle-free zone.** Make your favorite palace at home your hassle-free zone and your safe place so you can relax and calm your anxieties. You must understand that your family cares about you and can get worried if you are going through rough times.
4. **Stick to the program.** Home is your constant. School and college are options you have. During difficult times and stress, create a routine and stick to it so you can easily incorporate the changes in your life into your daily life.
5. **Prioritize self-care.** Your well-being is paramount, both mentally and physically. This includes spiritual nourishment. Ensure you get enough rest to avoid heightened irritability and anxiety during times when focus and relaxation are crucial.
6. **Take control.** When things get tough, focus on what you can change. Don't let the bad times get to you; regain your control so you can make important decisions.
7. **Express yourself.** During difficult emotional situations, try to find a way to express yourself (i.e., talking to someone, writing a journal, crafting, or painting).
8. **Help somebody.** When you are having difficulties or problems, it is a good idea to help others endure this time. Mentoring or volunteering, tutoring, cleaning, etc., are helpful ways to help.
9. **Putting things in perspective.** When stressed, try to put things in perspective by practicing meditation, listening to music, using relaxation techniques, or finding other ways to calm yourself.
10. **Turn it off.** Unplugging from TV, social media, or any other resource that could stress you out is a great way to relax and enjoy your time.

Resilience for teens: 10 tips to build skills on bouncing back from rough times. (2011, May 1). American Psychological Association. <https://www.apa.org/topics/resilience/bounce-teens>

THIS MONTH

Teacher Appreciation Week

Mental Health Awareness Month

End of the School Year Tips (Part 2)

Hazel Health

Children's Mental Health Week

Preparing for Next Year: Attendance

Toolkit Spotlight

Hazel Health
is available
all summer



Available from 7:00 am to 7:00 pm M-F

Hazel Health will continue to offer teletherapy services for students at home during the **summer break** with a licensed therapists.

This service is being offered at **NO COST** to families.

For parents requesting counseling over the summer break for their child, please visit :
<https://my.hazel.co/alachua> to sign up!

DATES TO REMEMBER

- **May 2nd**-Interim Reports Available for Family Access
- **May 1-31** Grades 3-10 FAST Reading Test & Grades 3-8 FAST Math Test, EOC Testing
- **May 27th**-Memorial Holiday
- **May 31st**-Last Day for Students



Parent
Guidance
Mental Health
Series

Preparing for Next School Year: Attendance

The 2024-2025 School Year begins on Monday, August 12th!

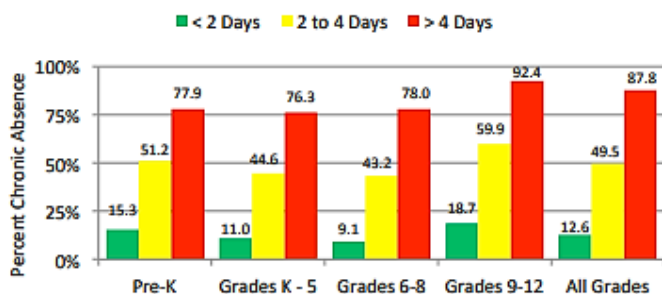
There is now plenty of research showing the detrimental effects of chronic absenteeism. (Chronic absenteeism is defined as missing 10% or more of the school year.)

Effects of being chronically absent include:

- Missed opportunities to learn and develop from teachers and classmates, including academic opportunities and social-skills-building opportunities
- A greater level of problem behaviors
- Feelings of alienation, depression, and anxiety
- Poor health outcomes such as increased inflammation and reduced immune system function

Statistics show that the number of days missed in September (the beginning of the school year) is related to an increased number of missed school days throughout the school year.

Figure 2. 2012-13 Chronic Absence Rate by September Absences



Graphic from: <https://baltimore-berc.org/wp-content/uploads/2014/08/SeptemberAttendanceBriefJuly2014.pdf>

Consistent attendance can be difficult for a variety of reasons. However, here are some ideas to consider for the next school year:

- Print a copy of the school calendar and display in a visible location.
- Be sure to know the hours of your student's school!
- Routines! Consistent bed times & wake up times that provide for an adequate amount of sleep.
- Pick out school clothes the night before school.
- Plan accordingly for rainy days!
- Attempt to pre-arrange alternate transportation as needed.

References:

Allison, MA., Attisha E, AAP COUNCIL ON SCHOOL HEALTH. The Link Between School Attendance and Good Health. Pediatrics. 2019; 143(2):e20183648

Gottfried, M., & Ansari, A. (2022). Classrooms with high rates of absenteeism and individual success: Exploring students' achievement, executive function, and socio-behavioral outcomes. Early Childhood Research Quarterly, 59, 215-227. <https://doi.org/10.1016/j.ecresq.2021.11.008>

TOOLKIT SPOTLIGHT: A REVIEW

Here is a quick recap of the various "tools" spotlighted between October and April.



- **The Great Outdoors:** Get outside and into nature for some fresh air
- **Gratitude Journal:** Destress by jotting down the things that bring you joy
- **Rose-Colored Glasses:** Put a positive twist on potentially negative events
- **Selfie - No Filter!** Embrace yourself - flaws and all
- **Practice Kindness:** Sometimes boosting others' moods can boost our own moods
- **Tend to Basic Needs - Sleep!** Sufficient sleep facilitates the brain's processing of emotional information.
- **Eat Breakfast!** Improves cognitive functions such as memory, learning, attention, and decision-making.

5 Additional Ways to Prepare for the End of the School Year

1. Go Over the Final Report Card
2. Take Time to Reflect the school year with your child
3. Start Planning Summer Activities
4. Research Summer Jobs for Teens and Volunteering for Younger Children
5. Prepare for Next Year

©2022 Sandbox Networks Inc. All rights reserved. Sandbox Learning is part of Sandbox & Co., a digital learning company.

Worried about "Summer Learning Loss"?

While research shows varied results as far as summer learning loss is concerned, here are some apps that can keep your students occupied and engaged over the summer!



- Khan Kids - for younger learners (3 years - 2nd grade)



- Khan Academy - (3rd grade and older)



- Libby - Virtually check-out books from your local library district!

Resources

Mental Health:

- Florida Suicide Prevention Hotline
 - 800-273-8255 **OR**
 - Dial 988
- Alachua County Crisis Center
 - 352-264-6789
- Meridian Behavioral Health
 - 352-374-5600
- Hazel Health - A teletherapy option.
 - my.hazel.co/alachua

Substance Use:

- Alcohol & Drug Addiction Hotline
 - Call or text 988 **OR**
 - 850-487-2920
- Meridian-In-Patient Detox
 - 352-374-5600
- UF Vista- In-Patient Detox
 - 352-265-5481

Parent Coaching & Support:

- parentguidance.org