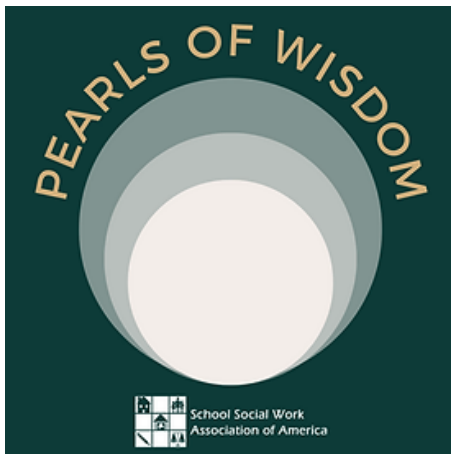


Roots of Resilience

Nurturing Wellness in Students & Families

March 2024



NATIONAL SCHOOL SOCIAL WORK WEEK MARCH 3RD - 9TH, 2024

This week celebrates the dedication of professionals who play a pivotal role in enhancing the well-being and success of students across the nation.

Social workers provide a multitude of services to students facing different obstacles and challenges to school success, such as disability, poverty, homelessness, discrimination, mental illness, and bullying.



DAYLIGHT SAVINGS TIME Sunday, March 10, 2024

According to the American Heart Association, if you struggle with the switch to daylight saving time, you might feel enlightened to learn it is not just in your head. It involves an interplay between the clock, sunshine, and your body at a cellular level.

Following the American Academy of Sleep Medicine, the effects of the time change might last for months. Some of those effects appear serious. Here are some suggestions from the American Academy of Sleep Medicine:

- Take sleep seriously. Most adults need at least seven hours a night, the Centers for Disease Control and Prevention says. Older and younger people may need more. However, a third of U.S. adults are sleep-deprived, CDC data show. The shift to daylight saving time can exacerbate that, Dr. Beth Malow, director of the sleep division at Vanderbilt University Medical Center in Nashville, Tennessee.
- Make a gradual shift. According to Dr. Girardin Jean-Louis, director of the Center on Translational Sleep and Circadian Sciences at the University of Miami Miller School of Medicine in Florida, most people only adjust on the day of the change. But if you start a few days ahead, shifting bedtime by 20 minutes daily, "it is easier for you to get accustomed to the new clock."
- Stay out of sleep on Sunday. It is tempting, Dr. Malow acknowledged. "But really try to get up at your usual time and get exposed to light because that bright light in the morning will help you wake up, and it will also help you fall asleep easier at night."
- See the light. Dr. Jean-Louis also emphasizes light exposure in the morning. "You could wake up one hour early and take a walk facing east so that you have exposure to the sun as it rises." Again, starting a few days ahead of time is important, he said.
- Coffee? OK, but be careful. Dr. Malow and Dr. Jean-Louis are coffee drinkers. Moreover, both say it is excellent for keeping you alert in the morning. Nevertheless, only drink it early in the day. "If you are having coffee at about 3, 4, or 5 p.m., that is just not good," Dr. Jean-Louis said, "because it can trigger a cascade of dysregulated sleep cycles, which influence your ability to get a good night's sleep."
- Do not use alcohol to help you fall asleep earlier. "That can actually interrupt your sleep in the middle of the night," Dr. Malow appointed.
- Limit screens. The blue light from screens is "kind of like being exposed to sunlight late at night," Dr. Malow said. So limit time looking at them, especially at bedtime. "Try reading a book or do something that does not involve that light. If you have to be on your computer or phone, use settings that help reduce the light."
- Help the kids. Parents of small children know that time changes can be rough. However, Dr. Malow stated that most of the advices for adults also work for kids. "Try to get them to bed a little earlier the few days leading up to it," she said. Moreover, "pay attention to getting them out in the bright light as much as you can once we make the change so they can acclimate."
- Address persistent problems. If someone has a regular problem falling or staying asleep, or if they have signs of sleep apnea such as snoring or excessive sleepiness, "they really should get it checked out by a doctor," Dr. Malow said. Sleep is important not only for feeling good, "but it can make a tremendous difference on our health, including our heart health."

Merschel, M. (2022). Ready to 'spring forward'? Ease into the time change with these 9 health tips. American Heart Association News Stories. <https://www.heart.org/en/news/2022/03/09/ready-to-spring-forward-ease-into-the-time-change-with-these-9-health-tips>

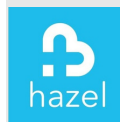
THIS MONTH

National School Social Work Week
Random Acts of Kindness Week
International Boost Self-Esteem Month

Hazel Health

Habitudes

Toolkit Spotlight



ACPS is pleased to announce Hazel Health counseling services are open to all FAMILIES.

Hazel Health offers teletherapy services for students at school and at home by licensed therapists.

This service is being offered at NO COST to families.

- Scheduling is done at the convenience of the student and their family
- Virtual one-on-one therapy will be available for any K-12 student of the Alachua County Public Schools system.

If you believe your student could benefit, please visit <https://my.hazel.co/alachua> to sign up!

Services will continue to be available through the summer!

DATES TO REMEMBER

March 11-15: Spring Break!

March 28th: 6-7 PM



**Parent
Guidance
Mental Health
Series**

Topic: Substance Use and Vaping

Attitudes and Habitudes

Habitude of the Month: **Personal Strengths and Talents**

Promotes self-awareness and recognizing strengths

Each month, ACPS Middle and High School students participate in Resiliency Education: Civic and Character Education and Life Skills Education as part of Florida's Required Instruction. While the individual lessons vary between secondary institutions, they share thematic topics.



Middle School Lesson: **Golden Statue** High School Lesson: **Golden Statue**

This month features the same-titled lesson but contains content appropriate for middle or high school students.

The lesson seeks to teach the value of knowing and leveraging one's strengths and gifts.

SAY SOMETHING

MARCH 4-8, 2024

Celebrates the importance of Trusted Adults and Upstanders in our community

Say Something, an initiative of the Sandy Hook Promise organization, seeks to create change that leads to safer schools.

The program teaches elementary, middle, and high school students to recognize the warning signs of someone at risk of hurting themselves or others and how to say Something to a trusted adult to get help.

To see if your student's school partakes in this initiative, please reach out to the school counselor!

TOOLKIT SPOTLIGHT: TENDING TO A BASIC NEED - SLEEP!

Did you know there is a connection between sleep and mental health?



Research shows there is strong reason to believe that improving sleep can positively impact mental health and wellness. Sufficient sleep facilitates the brain's processing of emotional information.

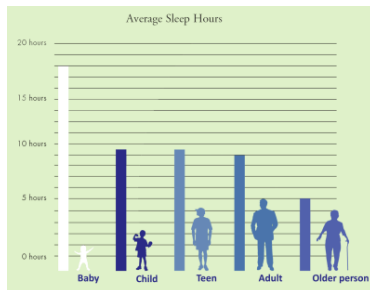


Image from National Institute of Neurological Disorders and Stroke

Examples of healthier sleep habits:

- Having a set bedtime and maintaining that schedule
- Relaxation techniques prior to bedtime
- Avoiding caffeine intake in the evening
- Dimming the lights and putting away electronic devices for an hour or more before bed
- Regular exercise and natural light exposure during the daytime
- Maximizing comfort and support from your mattress, pillows, and bedding
- Blocking out excess light and sound that could disrupt sleep

Habitudes Lessons Continued

Sometimes, it can be hard to identify our strengths - and other times, we may not even recognize certain characteristics as strengths.

If you are having trouble getting started, the VIA Survey, or Strengths Survey, is one of the most recognized surveys to assess character traits. **While ACPS does not endorse the survey, those interested may find more information at viacharacter.org*

Recognizing one's strengths positively impacts mental wellness, similar to improved sleep. Research shows that by applying our strengths, the possibility exists that we may increase our confidence, happiness, and positive relationships. Additionally, we may be able to reduce stress and anxiety.

This month's Habitudes lesson explains that to perform well, leaders must see the gold (golden statue) inside them. Good leaders take personal inventory of their strengths and gifts. This shapes their self-image and, consequently, their results.

Mental Health:

- Florida Suicide Prevention Hotline
 - [800-273-8255](tel:800-273-8255) **OR**
 - Dial 988
- Alachua County Crisis Center
 - [352-264-6789](tel:352-264-6789)
- Meridian Behavioral Health
 - [352-374-5600](tel: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](tel:850-487-2920)
- Meridian-In-Patient Detox
 - [352-374-5600](tel:352-374-5600)
- UF Vista- In-Patient Detox
 - [352-265-5481](tel:352-265-5481)

Parent Coaching & Support:

- Parentguidance.org