

MENTAL HEALTH MEMO

DECEMBER 2022



Holley Elementary School

We know that the holidays can be tough financially, which doesn't help when there are hungry mouths to feed at home during the holiday break. Let us assist you with that! Our Food for Families Program can help with those "extra" meals that the kids typically get during their school day. The program will provide your family with a bag of food to supplement your food supply while the kids are home for the holiday break. The program is first come first serve.



Please call Michelle Palmer (585-638-6316 ext. 2558) or Kristina Tese (585-638-6316 ext. 2408) by 12/9/22 if you are interested.

Elementary Mental Health Team:

Kristina Tese: School Counselor
Holly Curtis: School Psychologist
Michelle Palmer: Social Worker

Contact Information 638-6318:

Kristina Tese ext 2408
ktese@holleycsd.org

Holly Curtis ext.2411
hcurtis@holleycsd.org

Michelle Palmer ext. 2558
mpalmer@holleycsd.org



Family Activity: Yarn-Wrapped Reindeer Ornament

Supplies: Popsicle sticks, Mini craft sticks, Liquid glue or hot glue gun, Red pom-poms, Googly eyes, Brown pipe cleaner, and yarn for hanging

Directions: 1. Use liquid glue to make your popsicle stick triangle. Let it dry completely. 2. Tie one end of a long piece of brown yarn to the pointy top of the triangle. 3. **Older Kids:** Slowly wrap your yarn around and around the triangle, working your way toward the flat bottom. **Younger Kids:** Wrap and weave the yarn all around the triangle. Once you get to the bottom of the triangle, add a layer of glue to secure the end of your brown yarn. Cut off any ends. Tie off the end. Cut off any pieces hanging off. 4. Add your googly eyes and red pom-pom nose with glue.

Volunteering: Ever considering volunteering during the holiday season? Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. Volunteering as a family is a way to spend time together. **Where:** Schools, food banks, congregations, animal shelters, libraries, etc.



Healthy Coping Strategies for Kids During the Holidays

The holidays brings joy however it can also increase everyone's stress levels, including kids and teens. Coping is not something we are born knowing how to do; it is something we learn how to do with practice. It never too early or too late to start developing healthy coping skills, and teaching your kids healthy coping strategies will help them become more resilient (better able to handle life's ups and downs).

How Do You Teach Coping Skills?

There are a variety of ways to teach healthy coping skills:

- Practice healthy coping skills yourself.
- Teach new coping strategies when everyone is calm.
- Try lots of different coping skills.
- Build coping skills into your daily routine.
- Make practicing coping skills fun.

Examples of Healthy Coping Skills

Active Coping Skills:

- Go for a walk, run, or hike
- Do some yoga or stretching
- Put on some music and dance
- Squeeze a stress ball
- Bounce or kick a ball

Relaxing Coping Skills

- Listen to calming music
- Take some deep breaths (Deep Breathing)
- Read a book or magazine
- Blow bubbles
- Take a quiet break or rest

Creative Coping Strategies

- Color, draw, or paint
- Write a poem
- Play with Play-Doh
- Write about your thoughts (Journal)
- Build with Legos or blocks

Social Coping Strategies

- Play a board game with family
- Call a friend
- Read a book together
- Facetime with relatives
- Play with your pet



For more information on coping skills, visit www.strong4life.com

