

MENTAL HEALTH MEMO



FEBRUARY 2023



Holley Elementary School

Food for Families

SIGN UP DEADLINE: Wednesday 2/8/2023

**PICK UP: Friday 2/17/2023 at the
Holley Community Center located at the 75
Public Square**

Looking ahead, February break is next month. Our Food for Families program can help with those “extra” meals that kids will now be home for. This service is a first come first serve so please contact Michelle Palmer (mpalmer@holleycsd.org or extension 2558) or Kristina Tese (ktese@holleycsd.org or extension 2408)



February 17th is Random Acts of Kindness Day!

- Compliment someone
- Help a neighbor or friend with a chore
- Send a card to cheer someone up
- Be kind to the earth, pick up litter



Elementary Mental Health Team:

Kristina Tese: Counselor

Holly Curtis: Psychologist

Michelle Palmer: Social Worker

Contact Information: 638-6318

Mrs. Tese: extension 2408

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Mrs. Curtis: extension 2411

hcurtis@holleycsd.org

Mrs. Palmer: extension 2558

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If you are looking for Black History books for kids, you’ve come to the right place. Copy and paste the link below in you computer’s web browser for a list of 30+ important Black History books for kids in 2023:

<https://www.beyondthebookends.com/18-kids-books-for-black-history-month/>

It’s important for us to remember and honor individuals that stood up for their beliefs. Martin Luther King, Jr., Barack Obama, Harriet Tubman, Rosa Parks, Katherine Johnson, and other leaders of the Black community were pioneers, visionaries, and martyrs. Teaching our children about what they did for this country and its people is crucial.



4 Ways to Bring Your Family Together on Valentine's Day

1. Enjoy Valentine's Day breakfast together!

Make heart shaped pancakes with topping like red, pink or heart sprinkles, strawberries, powdered sugar, or whipped cream –they are sure to be a hit!

2. Make Valentine's Day cookies!

Kids love to help in the kitchen, so get out the cookie dough and the heart shaped cookie cutter, sprinkles and icing. Get everyone around the kitchen counter and make cookies that everyone will enjoy.

3. Have a Valentine's Day Scavenger hunt!

Hide hearts around the house with clues to get to the next heart leading to a Valentine's Day surprise.

4. Have a special dinner at home!

Decorate with inexpensive candles from the dollar store. Place pink and red paper hearts throughout the dining area. Add candy conversation hearts as confetti on the table. Choose a family favorite meal that everyone likes to eat. Choose a fun dessert to serve after dinner as well.



How do you explain Black History Month to kids?

Black History Month was **created to focus attention on the contributions of African Americans to the United States**. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

Black History Month Activities for Kids

- Get Creative with an Art Project.
- Cook a Special Dinner Together.
- Volunteer or Donate as a Family.
- Read a Book That Celebrates Black History (see the list below)
- Watch a Series Together.

How to Celebrate Black History Month at Home

1. Check out the local children's museum. ...
2. Study African American culture and recipes. ...
3. Study influential African Americans based upon your child's own interests. ...
4. Check out other local kid-friendly events in your town. ...
5. Turn your classroom into a museum. ...
6. Create a virtual museum.

