

MENTAL HEALTH MEMO

JANUARY 2023



Holley Elementary School

Winter Family Fun

Create your own bingo cards before you head out to a park or the woods with the kids. Get them to draw pictures in each square of the things you may find on your walk: an acorn, a pine cone, deer, animal tracks, a common bird or a rare bird, etc. Adjust the level of difficulty on the age of your children.

Source: Today's Parent



Elementary Mental Health Team:

Kristina Tese: Counselor

Holly Curtis: Psychologist

Michelle Palmer: Social Worker

Contact Information: 638-6318

Mrs. Tese: extension 2408

ktese@holleycsd.org

Mrs. Curtis: extension 2411

hcurtis@holleycsd.org

Mrs. Palmer: extension 2558

mpalmer@holleycsd.org

FEBRUARY BREAK 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)



Screen Time

TV, interactive videos games and the Internet can be an excellent source of education and entertainment for kids, especially during the long winter months, however, too much screen time can have unhealthy side effects. That is why it is wise to monitor and limit the time your kids spend playing video games, watching TV and using the internet.

Here are some practical ways to make kid's screen time more productive:

- Stock any rooms that have a TV, computer or other devices with plenty of other non-screen entertainment (books, puzzles, board games, etc.).
- Turn off all screens during meals.
- Don't allow your child to watch TV while doing homework.
- Set a good example by limiting your screen time
- Preview programs to make sure they are appropriate before your kids watch them.
- Watch TV or videos and play video games with your child to see if the programming is OK for your child.
- Treat screen time as a privilege that kids need to earn, not a right that they are entitled too. Tell them that screen time is only allowed after chores and homework are done.



Winter Safety

At Home: One way to stay healthy while cooped up inside is to make sure your family washes their hands. It's especially important to wash after sharing toys, coughing, and blowing a runny nose to help prevent the spread of viruses.

Out Doors: Younger or older, kids sometimes have a tough time knowing when to come inside from the cold. To nip frostbite in the bud, check on your kids regularly to make sure that mittens are dry and warm and noses are not too red.

- Dress in layers
- Always wear your hat, you lose most of your body heat through your head.
- Keep your feet extra warm, they are closest to the ground!
- Don't dress too warm; if you sweat you will be wet and get even colder!
- Wear a heavy coat, gloves, a scarf and snow pants.

If your child is in need of a winter coat, please contact Michelle Palmer (mpalmer@holleycsd.org or extension 2558) or Kristina Tese (ktese@holleycsd.org or extension 2408).

