

MENTAL HEALTH MEMO

JUNE 2023



Holley Elementary School

Prevent Playground Mishaps

As the weather warms up, kids will be spending more time outside. Practice safe playground habits to prevent injuries.

- **Find the right playground.** Choose a playground that is appropriate for your kids. Find a playground with equipment that suits their age, size and abilities.
- **Do a touch test.** Kids can get thermal burns from playground equipment, so confirm that slides and swings aren't too hot before kids play.
- **Wear the right attire.** Kids should wear sturdy-soled sneakers over slippery flip-flops. Avoid clothing with strings, such as hoodies, which can get caught in equipment.
- **Look for safe surfaces.** Some playgrounds offer rubber or mulch on which kids can safely run, play and even fall. Avoid play grounds that have cement or asphalt.

To be on the safe side, keep a first aid kit handy and brush up on how to treat common playground injuries, from splinters and friction burns to bumps and bruises.

<https://health.clevelandclinic.org/summer-safety-tips-for-kids>



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June is Summer Safety Month

Summer Safety:

Limit outdoor activity, especially mid-day when the sun is the hottest

Wear and reapply sunscreen as directed on the package

Pace your activities-start slow, then pick up the pace gradually

Drink more water than usual and don't wait until you're thirsty to drink more.
Muscle cramping may be an early sign of heat-related illness.

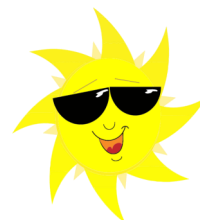
Wear loose, lightweight, light-colored clothing.

Take cool showers or baths to cool down.

Check on a friend or neighbor and have someone do the same for you.

Never leave children or pets in cars.

Check the local news for health and safety updates.



Five Easy Tips for Summer Learning

1. **Read Everyday:** Take your kids to the library often and let them choose which books to check out. Take turns reading to each other. Allow your kids to stay up a half hour later at night as long as they're reading.
2. **Use Math Everyday:** Practice the multiplication tables by making each point in a basketball game worth 7 points (or 8 or 9). Make up math word problems in the car and at the dinner table.
3. **Get Outside and Play:** Find ways to ensure your child is active for 60 minutes each day. Have him or her walk the neighbor's dog, go swimming, take walks, or go for family bike rides.
4. **Write Everyday:** Ask your child to write a weekly postcard to his or her grandparents, relatives, or friends. Encourage them to keep a summer journal. Have them write the family's grocery list.
5. **Do a Good Deed:** Encourage your child to help out neighbors or friends. He or she can volunteer with a local group or complete a service learning project.

Summer Stress!

If you find summer more stressful than any other season, you are not alone. People tend to think about summer as a season for fun, relaxation and as an escape from the dreary cold days of winter, however it can also be more stressful than any other time of the year.

Why? As a parent, the demand on time and energy can be higher due being out of a regular routine. The pressure to have a super busy social summer schedule while the kids are out school can be exhausting. To help with destressing here are a few things to keep in mind:

1. It is ok to say no when invited to an activity.
2. Build in some quiet and relaxation time during the day for the whole family (naps, reading, coloring, etc.).
3. Late nights are fun for the whole family, however try and keep a bed time routine as much as possible
4. Ask for help (carpooling, child care, etc.)



Family Summer Craft:

Pour Painted Pots

Material: Clay pots, tape and a

variety of acrylic paint and spray varnish

Directions: Turn your pot upside-down and tape the hole at the bottom of the pot. Take your craft paint and just pour a bit of paint, and then keep adding new colors on top of the old ones until they drip off the edges and run down the sides of the pot. When fully dry, spray marbled pots with a clear varnish to protect the paint. Now add the colorful pots to your garden or around the house for a summer decoration!

Child Safety Matters Program

Our Child Safety Matters Program is mandated by NYS in place of Erin's Law. We spoke about strangers and discussed safe and unsafe situations and how we can use our safety rules to help our students stay safe. These rules are as follow:

*Know What's Up

*Spot Red Flags

*Make a Move

*Talk It Up

*No Blame, No Shame

We also talked about having a 'safe adult' and a 'safe friend' who they feel comfortable speaking with and who they trust. We discussed "Who is a Stranger?" and the steps they need to take to ensure their safety. Please click the following link below for more information on our Child Safety Program. We would like to make sure that all students are equipped with the necessary tools to be safe this summer.

<https://www.mbfpreventioneducation.org/resource-type/parent-resources/>

The Mental Health Staff would like to wish everyone a healthy and fun summer! See you next school year!

