



# MENTAL HEALTH MEMO

## MAY 2023

Holley Elementary School

### Mother's Day is this month!

Mother's Day is a wonderful way to take some time and celebrate Mothers and all that they do, but it is important to remember that children can celebrate **any** important caregiver or support person in their life to show some extra love to on this day. Here are some ideas to show a mother or special person that they are care about:



**Make a card.** Nothing beats a handwritten card. Get creative! It is free, but worth so much to that special person.

**Make breakfast in bed.** Are they usually the one preparing breakfast for everyone? Get up early and help your little one(s) make a nice breakfast for their mom/special person. They will enjoy more time in their cozy bed, eating delicious breakfast!

**Make them a music playlist.** This can include her favorite songs, and also songs that the kids listen to that might remind them of that person.

**Have a movie night.** Let mom or that special person pick a movie they'd like to watch, get their favorite snacks, and cuddle up on the couch.

**Make homemade coupons** that mom/support person can give to the child, good for washing the dishes, vacuuming, two hours of quiet time, etc.

**Get crafty with a homemade gift.**  
**Help with household chores.**

Anything to show appreciation will be appreciated!

### Elementary Mental Health Team:

**Kristina Tese:** Counselor

**Holly Curtis:** Psychologist

**Michelle Palmer:** Social Worker

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### Dandelion Bee Craft

**For each bee, you'll need:** Cardboard, 2-3 thick rubber bands (big enough to fit over the size of your cardboard oval), rubber bands, glue stick, black marker or crayons, scissors, dandelion flowers, large green leaves and long piece of grass to cover the rubber bands

**Directions:** Cut the cardboard into an oval shape. Draw a face on the end of the oval shape for the bee's face. Place the first rubber band around the middle of the cardboard oval (closer to the face). Place the second rubber band over the cardboard oval (a little ways behind the first one, near the other end of the oval). For the wings, cut the large green leaves into two semicircles and glue the bee wings onto the top of the bee on the back of the bee. To make the dandelion bee body, you tuck the dandelion stem under the rubber band and gently pull it down until the flower head rests on the cardboard.



## Did you know.....

**May is Mental Health Awareness Month:** Mental Health Awareness Month has been observed in the U.S. since 1949. It is a national movement to raise awareness about mental health and to fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness.

**Children's Mental Health Awareness Week (May 7-13):** National Children's Mental Health Awareness Day shines a national spotlight on the importance of caring for every child's mental health and reinforces that positive mental health is essential to a child's healthy development.

**National Prevention Week (May 7-13):** National Prevention Week promotes the world we want to see where prevention helps keep people and communities healthy and safe. Mental health agencies work on promoting and disseminating quality substance use prevention and mental health promotion resources and publications.

**National Women's Health Week (May 8-14):** This is an annual observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority and help women understand what steps they can take to improve their health.

## Bike Safety

~Bike Safety is a great way to get exercise and fresh air while spending time together as a family. Before you start pedaling, here are a few safety reminders:

~Wear a helmet to protect against head injuries. Make sure the helmet is secure and tight to prevent it from accidentally falling off. All family members should wear one.

~Wear safe clothing. Pant legs shouldn't be too loose. Choose shoes that grip the bike pedals-not cleats, flip flops or shoes with heels. Check your shoe laces too and make sure they are tied before you start pedaling.

~Don't share a bike seat with a friend or ride on the handle bars.

For more information, click on the link below:

<https://www.safekids.org/bike>

