

MENTAL HEALTH MEMO



NOVEMBER 2022



Holley Elementary School

Believe it or not, the holidays are quickly approaching! During this time, we start thinking about how we will be helping families that need assistance for the holiday season. Below are the ways that we do so:

Adopt a Family

We recognize that some families may need assistance with providing gifts to their children this time of year. If you are anticipating needing some help this holiday season, you may be able to be “adopted” by a sponsor who will provide items to help out, based on a wish list completed by the kids (all of this is anonymous).

Please call Michelle Palmer (585-638-6316 ext. 2558) or Kristina Tese (585-638-6316 ext. 2408) by 11/18/22 if this might apply to you.

Food for Families

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.

Elementary Mental Health Team:

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

Contact Information 638-6318:

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November 13

World Kindness Day

#WorldKindnessDay

Promotes the importance of kindness throughout the world. The purpose is to help understand each other better and embrace compassion to bring us together. Learn more

at [InspireKindness.com](https://inspirekindness.com).



Parent Teacher Conferences Tips

Parent-Teacher conferences are one of the key ingredients for educational achievement. To make sure they are successful, here are tips to help.

Get Ready: Prepare by writing notes to yourself concerning 1) Any questions about the school programs or policies 2) Things you can share with the teacher about your child and his or life at home 3) Questions about your child's progress.

Ask Important Questions: Here are some examples: 1)What are my child's strengths and weaknesses? 2) How does my child get along with classmates? 3)Is my child working to their ability? 4) What can we do at home to support what you are doing in the classroom?

Initiate the Action Plan: Start immediately on the action plan you and the teacher put together. Discuss the plan with your child and track his progress. Stay in touch with your child's teacher through out the year and keep the communication lines open.

www.nea.org

Family Activity : Gratitude Stones

Pick a small stone and have your child decorate it anyway they like.

Once the gratitude stone is decorated there are many ways to use it:

Family Dinner

Past the stone around the dinner table before eating. When someone is holding the stone , that person shares something or someone they are thankful for.

Calm Down Strong Feelings

Thinking and talking about good things in our life can calm down angry or sad feelings. Teach your child how to hold the stone in their hands and list everything they feel thankful for.

Bedtime Ritual

Pass your child the gratitude stone and ask "What was the best part of your day?" Reply with your answer when the stone is passed back to you.

Share a Stone

Create extra stones and share them with the people you feel thankful for! include a note expressing your gratitude.

