

MENTAL HEALTH MEMO



OCTOBER 2022

Holley Elementary School

Let's Talk!

Now that students have completed the month of September, it is a good time to make sure that the lines of communication with your child's teacher are open. Having open and consistent communication can be beneficial in your child's classroom success and show your child that you are invested in their education. Here are some tips to help you:

- Always check your child's bag and folders to check for notes and updates.
- Find the best way to contact the teacher.
- Ask the teacher about homework expectations regarding homework and what to do if there are problems with home work.
- Be a partner in your child's learning. Assist with homework, help your child learn time management skills, talk about school matters at home.
- If you have questions or concerns write a short note or e-mail.
- Check SchoolTool, the Holley student management system for information regarding your child. Check electronic platforms (Schoology, SeeSaw, etc) to keep up to date on your child's assignments or other classroom news.



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

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Mrs. Palmer: extension 2558

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Red Ribbon Week will be celebrated the week of:

October 24

Flyer with further details will be emailed home.



Project Positivity: Integrity



Integrity means you are honest and speak the truth. You present yourself genuinely and sincerely.

Integrity is doing the right thing when nobody is watching. People with integrity practice what they preach and maintain a consistent pattern of behavior aligned with their values. They have the courage not to follow the crowd if it means going against their beliefs. Integrity is closely aligned with the terms of honesty and authenticity. People with integrity tell the truth and have alignment in their thoughts, feelings, and behaviors.



Pumpkin Rocks



TO MAKE YOUR PAINTED PUMPKIN ROCKS, YOU'LL NEED:

- rocks
- paintbrush
- orange acrylic craft paint
- black Sharpie marker
- craft varnish

Apply a thick coat of acrylic craft paint to the top and sides of the rocks. Let them dry, then flip them over, and brush a thick coat on the backside of each rock. When the backs of the rocks are dry, repeat the process. To make the pumpkin faces on your stones, use your black sharpie marker to draw on some eyes and mouths. To add a bit of shine to the rocks and to protect the paint from wearing off, give them all a quick coat of craft varnish.