



# STUDENT SERVICES

## Quarter 4 Newsletter 2024



### UPCOMING EVENTS

- May: **Mental Health Awareness Month**
- May 16th: **Quarter 4 Positivity Project Assembly**
- June 11th: **5th Grade Celebration**
- June 12th: **Last Day of School!**

### CONVERSATION STARTERS

- What makes you feel safe and calm?
- What would your ideal day be like?
- As you try to fall asleep at night, what's on your mind?
- What color/animal represents how you feel today?
- I'm grateful for \_\_\_\_\_. What are you grateful for today?
- What is something that was new or hard to do today that you tried anyways? (Celebrate that together.)
- What are you proud of yourself for lately?



### SCHOOL COUNSELING

#### Mental Health Awareness

- Mental Health is the state of your mental and emotional wellbeing and is how well you are able to handle the demands and challenges of life.

#### How Children can Improve Mental Health:

- Practice encouraging
- Spending time with loved ones
- Spending time doing enjoyable activities
- Practice being grateful
- Spending time in nature
- Get enough sleep
- Limit time spent on technology
- Establish routines



### TEST ANXIETY STRATEGIES

- Review notes and ask questions
- Pack your bag the night before
- Get enough sleep the week leading up to testing
- Eat a healthy breakfast
- Practice controlled breathing or grounding exercises
- Positive self-talk messages (e.g. "I've got this.")

### ATTENDANCE

For any family need outside of academics, please contact our school social worker,

Lucretia Greaux.

[lgreaux@wcpss.net](mailto:lgreaux@wcpss.net)

919-881-4950 ext. 26583 or 919-368-3304 cell

### FAMILY NEEDS

**Reminder:** Please send a doctor's note when your child is sick in order for the absence to be excused. Notes should be returned to school within two days of the absence. Notes can be emailed to our Data Manager, Ms. Brunda at [gbrundavan@wcpss.net](mailto:gbrundavan@wcpss.net).

# FAMILY RESOURCES

In each newsletter, we will spotlight a few resources for families. Here are some of our favorites that we wanted to share. We hope you have fun exploring them!

## Resources in Wake County

[Hope4NC | NCDHHS](#): Hope4NC provides free and confidential emotional support and referrals for counseling and other community resources.

Contact them at 1(855) 587-3463.

## The Check-In Project

- A mental health initiative that provides several tools to schools and families to help support and break the stigma around mental health.
- Check out resources for parents here:  
<https://www.thecheckinproject.org/mental-health-resources-for-parents>
- This site includes information on how to check in with your child about mental health. Learn how to check in, practice active listening, and offer support. [Here](#) is a link to a printable calendar that can be used to document and monitor check-ins.
- Here is an emotions chart you can use along with your child. Use this tool to make it easier to identify and talk about emotions.
- As we are approaching the end of the school year, [here](#) is a blog post that provides helpful tips for transitions and improving mental health.

## Other Resources

- The American Academy of Pediatrics has helpful flyers for parents:
  - Parent Education:
    - [Managing Anxiety](#) (en [español](#))
    - [Managing Depression or Sadness](#) (en [español](#))
    - [Managing Disruptive or Aggressive Behaviors](#) (en [español](#))
    - [Managing Inattention, Impulsivity, and Hyperactivity](#) (en [español](#))
    - [Guidelines for Special Time or Time In](#) (en [español](#))
  - Emotional Wellness:
    - [Everybody Gets Mad: Helping Your Child Cope with Conflict](#) / Spanish version: [Todos nos enfadamos: cómo ayudar a su niño a sobrellevar conflictos](#)
    - [Healthy Sleep Habits: How Many Hours Does Your Child Need?](#) / Spanish version: [Los buenos hábitos del sueño: ¿cuántas horas de sueño necesita su niño?](#)
    - [Helping Children Handle Stress](#) / Spanish version: [Cómo ayudar a los niños a manejar el estrés](#)
    - [Just Breathe: The Importance of Meditation Breaks for Kids](#) / Spanish version: [Solo respire: la importancia de tomar tiempo para la meditación en los niños](#)

