

Behavioral Health & Wellness

Family involvement has a positive effect on student behavior. When families are involved, students exhibit more positive attitudes and behavior.

PBIS

Change the Belief, Not Just the Behavior

There is a belief and motivation behind every behavior. The behavior will lessen or extinguish only when the belief behind it is changed. Breaking the code will help you understand the discouraging behaviors and beliefs and what your child really needs to feel encouraged enough to change their beliefs and behavior.

Mental Health

The ABCD's of Working through Anxiety/Distressing Thoughts

What is Anxiety?

Anxiety is the body's natural response to stress. It is a feeling of fear or apprehension about what has to come. You can use this tool to help challenge anxious thoughts to create a more accurate interpretation of an event.

Activating Event: What Happened?
What is stressing me out?

Belief: What is my negative self-talk?
What negative belief am I clinging to?
What interpretations am I making?

Consequence: What am I feeling? What physical sensations am I having? What is my behavior because of my beliefs?

Dispute: Counter-thought. Is there an alternative way of thinking here? Examine beliefs/expectations- are they unrealistic of maladaptive?

"You don't have to control your thoughts; you just have to stop letting them control you." —Dan Millman

TIPS

Break the code

- Describe the behavior you are experiencing with your child
- Identify how you're feeling (increase their feelings vocabulary)
- Describe how you would usually respond
- Ask them how they would feel if the roles were reversed.
- Develop a wheel of choice for consequences with your child



Social Work

Parent Tips for Helping a Child with Anxiety

Helping your child with their anxiety can be challenging, however, parents play an integral role in doing so. Remember, the idea is not to eliminate their anxiety, but to help your child manage it.

Below are some tips for parents when their child is experiencing anxiety.

- Listen without judgment or interruption
- Reflect back your understanding of the situation
- Understand that everyone reacts to situations differently
- Try to understand their point of view-put yourself in their shoes
- Your child's feelings are real and what they are experiencing
- Validate their feelings
- The world is very different from when you were younger
- Ask them what they need and how you can support

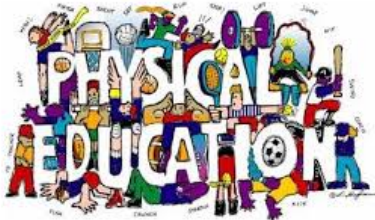
Behavioral Health & Wellness



Sleep is a vital part of our well-being. We spend about one-third of our lives asleep. To all of us getting a good night’s sleep is important. However, questions remain, how many of us are getting the needed amount of sleep? How many of us are waking up “feeling rested?” Here are some simple steps you can take for effective sleep:

- Stick to a sleep schedule, even on weekends.
- Practice a relaxing bedtime ritual.
- Exercise daily (try not to exercise before bedtime).
- Evaluate your bedroom to ensure ideal temperature, sound and light.
- Sleep on a comfortable mattress and pillows.
- Beware of hidden sleep stealers, like alcohol and caffeine.
- Turn off electronics before bed.

Start today and commit to making sleep a priority! Source: <https://www.sleepfoundation.org/>



Physical Activity Improves Learning & Mental Health!

- Positive influence on memory, concentration, and motivation
- Relieves stress
- Reduces anxiety
- Improves mood
- Good strategy for ADHD

Activity Idea: Physical Scavenger Hunt –

First, find the items in your house and then do the activity assigned to that item. *If you can’t find an item, do 10 sit ups and move on to the next one* Find as many as you can, as fast as you can!

- Toilet paper – 10 jumping jacks
- Microwave – 7 squats
- Shower – 8 push ups
- Doormat – 12 mountain climbers
- Light switch – plank for 20 seconds
- Book – 10 sit ups
- Towel – reach and touch toes (hold for 20 sec)
- Chair - floss (dance move) for 20 seconds
- Lamp- 12 lunges
- Remote Control – jog in place for 20 seconds
- Mirror – tell yourself that you are amazing!



VAPING: WHAT YOU SHOULD KNOW



Do you know what vaping is? Have you or your friends ever tried it?

According to a study, vaping (the use of electronic cigarettes) is pretty popular among teens. But it’s probably more dangerous than you think. Visit this website for a few quick questions and answers about vaping:

<https://www.justthinktwice.gov/facts/vaping-what-you-should->