



# **Minnetonka Public Schools Well-Being Guidebook**





## About this Guidebook

This parent guidebook is brought forth for our students, parents and school community as a tool to provide information and connections in the area of student academic, social, emotional and behavioral well-being supports. This resource gives quick, easy access to student well-being resources in the district and the community. This reference guide gives our parents phone numbers and quick links to our many school staff that are trained and available to assist in planning for our student's well-being.

View the online guide here: [www.minnetonkaschools.org/wellbeing](http://www.minnetonkaschools.org/wellbeing)

# Quick Contacts

## School Counseling Offices:

Clear Springs	952-401-6990
Deephaven	952-401-6908
Excelsior	952-401-4177
Groveland	952-401-5558
Minnewashta	952-401-5500
Scenic Heights	952-401-5448
MME	952-401-5209
MMW	952-401-5311
MHS	952-401-5811

## General Crisis Resources:

*\*For use when someone is experiencing thoughts of suicide/self-harm or has threatened suicide*

First Call for Help	211
Hennepin County Suicide Prevention Hotline	612-347-2222
Hennepin County Crisis Line	612-348-2233
Carver and Scott Counties Mental Health Crisis Line	952-442-7601
Crisis Connection	612-379-6363

## Mental Health Resource Agencies:

*\*The listing of clinics and resources is not a recommendation or endorsement of the providers listed. It is not a comprehensive list of all service providers in the surrounding area.*

Mental Health Association of Minnesota	651-493-6634
Minnesota Association for Children’s Mental Health	651-644-7333
Hopkins Minnetonka Family Resource Center	952-988-5350
U of M Health at Fairview Riverside Hospital Behavioral Emergency Center	612-273-5640
Allina United Hospital (St. Paul Crisis Assessment)	651-241-8565
Allina Abbott Northwestern (Minneapolis Crisis Assessment)	612-863-5327
Minnesota Association for Children's Mental Health (MACMH)	651-645-2958
NAMI Minnesota	1-800-528-5411

## School Staff Supports

In accessing support and guidance for your child in any area of concern, it is recommended that you start with your classroom teacher and/or your building administration at the elementary level and your school counselor at the secondary level. They are there to guide and facilitate the connections of support. In addition to your classroom teacher and administration there are a variety of highly skilled and trained staff in Student Support who can help you access the systems of support and work with you to assure we address and meet your child's well-being needs. These staff members typically attend the Student Support Team (SST) meetings in each school.

### District Support Staff Include:

- Health Services
- School Counselor
- School Social Worker
- School Psychologist
- Social, Emotional & Behavioral Strategist
- Student Support Services Facilitator
- 504 Coordinator
- Co-located Mental Health Services

Learn more about our district supports: <http://bit.ly/staffsupports>





## Overview of Our School Support Process

Tiered System of Supports is an umbrella framework that includes Response to Intervention (RTI) and supportive programs that lead to positive student well-being. Every student receives core instruction, known as Tier One or Universal Support. Some students need supplemental instruction, which is referred to as Tier Two, and a small cohort of students receive the most intensive intervention and supports, known as Tier Three. This tiered system is used for academic supports as well as behavioral supports and interventions.

Each school has a Student Support Team (SST). The Student Support Team makes decisions about tiered intervention supports. The team is made up of the building support staff and building leadership with core teacher and other related service providers. Additional people are brought in on an as-needed basis, and parents are informed and consulted on concerns and decisions. The Student Support Team (SST) meets regularly at each building.

Learn more about our Student Support Team:  
<http://bit.ly/studentssupportteam>



## Additional District Parent Supports

Strong family, community and school involvement is key to student well-being and overall student success. Minnetonka Schools values our parent partnerships and offers a wide array of supports and groups through the District to connect with the school community and other parents, learn about education initiatives and available supports for students and families. We know that when schools, parents and families work together to support students, student well-being is greater.

- PTO/PTA
- The Minnetonka Parent Education Committee
- Minnetonka Public School District Community Education
- Special Education Advisory Council
- Minnetonka Family Collaborative
- Tonka CARES

Read more about our additional district parent supports: <http://bit.ly/districtparentsupports>

## Community Resources

Minnetonka School District supports systems of care and recognizes the limits of the educational supports along with the need for community resources to provide the additional intervention that some students need. The school ensures appropriate information sharing between the mental health professionals, other youth-serving agencies, families, and necessary school staff.

We have provided this list of resources and contact information, but always encourage families to work with their family doctor and insurance provider, if applicable. The student support services team working with your child will work to provide seamless support, transition and follow-up processes. To assist you with connecting to out of school resources, do not hesitate in reaching out to your child's school counselor, social worker and/or building leadership.

For an in-depth community resource list in response to a variety of needs, please see our district website for quick interactive help links: <http://bit.ly/communityresourceguide>



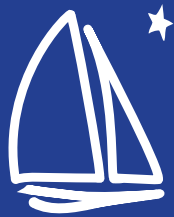
## Fostering Student Well-Being

Parents play the most important role in fostering their child's well-being. Parents are powerful catalysts in fostering self-acceptance and strong self-esteem by helping their child explore interests and talents, while encouraging them to set realistic goals and productive ways to achieve them.

Most important is our communication, letting our children know we want to know how they are doing, know how they are feeling, and we want to spend time with them. Parents can model positive self-care and healthy well-being. Parents also know best, how to help, support and care for their child. We value our partnership in supporting your children to succeed and be happy.

## Quick Tips for Improving Well-Being and Mood

- **Chat!** Not with your fingers— avoid texting and actually talk with a friend who conjures up a cheerful and supportive message. This is proven to influence happiness.
- **Smile!** Evidence suggests that just smiling and looking happy can lead to a positive mood. The facial muscular changes that happen when you smile elevate your happiness. Show us those pearly whites!!
- **Laugh!** Did you know laughing produces a chemical reaction in your brain that instantly elevates your mood, reduces pain and stress, and boosts immunity? Find a funny movie, silly video, some good jokes, or a funny friend to spend some time with.
- **Think positively!** Turn negative thinking into positive thinking. For example, the next time your friend is annoying you, take 30 seconds to think of things you like about your friend.
- **Get moving... Outside!** Studies show that regular exercise and exposure to light during the day contribute to less depression and fewer sleep problems. Taking a short walk, a light jog, a bike ride or even a swim can do wonders.
- **Sleep!** Studies show that sleep is actually more important for mental than as for physical well-being. Sleep improves memory, attention, spurs creativity, and improves physical health. Be sure you are getting between eight hours of sleep each night.
- **Eat!** Research shows that nutritional health is as important as physical health in improving your well-being. Eat healthy, nutritious, meals & snacks. Avoid highly processed, fast food options which can weigh you down physically and emotionally.
- **Play with your pet!** Animals can be awesome playmates, and they provide unconditional love, can make you laugh, smile, and instantly improve your mood!!
- **Listen to happy music!** Listening to upbeat music may contribute to feeling better. Turn on a favorite upbeat tune, or even play some yourself if you're so talented!
- **Find gratitude!** Make a list of people or things that you have gratitude for in your life. Continued to do this daily in order to remind yourself of the fortunes you do have.



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952-401-5000