

# Wellness Wednesday: Weekly Newsletter

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## Positive Quote of the Week



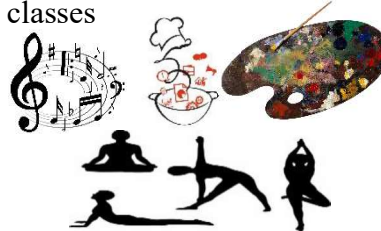
## Coping Skills Corner

In order to take good care of ourselves we know that we have to do things like eat well, stay physically active, and get enough sleep. Did you know that staying socially connected to other people is *just* as important as all of those other things? Research shows us that people who feel more socially connected to others feel better about themselves, show greater empathy for others, and tend to be more trusting and more cooperative. Social connectedness is the gift that keeps on giving because it creates a feedback loop of social and emotional well-being. With social distancing staying connected in new and creative ways is more important than ever. Social distancing does *not* mean social disconnect.

Go retro. Write a letter



Take on line interactive kids' classes



Connect with neighbors a la sidewalk chalk



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## Helpful Information

UNITY is the theme of this weekly newsletter. Let's face it, we haven't seen times like this before. Many in the state are unemployed, struggling to put food on the table, and trying to keep themselves and their families safe. In addition to the monetary impact, as well as challenges that may be present around food and safety, distance learning was introduced. Many parents of Hamden Public School students are facing the question as to how to balance working from home, and supporting their student(s) to participate effectively to meet the demands of the classroom. Keep in mind, this learning style is new to students, parents, and teachers alike, and with most "new" systems, an evolution occurs. Change can be stressful! We are now a few weeks into distance learning and we have exhibited evolution. It is important that we stand together, UNITED, to conquer the obstacles that will exist during trying times. Please note that at the elementary level you can contact your school's social worker or school psychologist to assist you and your family with a variety of needs. If your child is at the middle or high school level students are assigned to a social worker and/or school psychologist by alphabet. Please feel free to reach out, via email, if we can be of assistance to you. Hamden Public Schools will conquer this. We got this! UNITED we stand! Below are links to a variety of available community supports for your well-being needs.

- **Clifford Beers "warmline":** <https://www.cliffordbeers.org/reach-out-new-haven>  
**When should I call?** You should call Reach Out New Haven if you:
  - Just need someone to talk to (in English or Spanish)
  - Need food and don't know who to turn to
  - Are in need of child/infant supplies (school notebooks, diapers, clothes, etc.)
  - Need connections to mental health resources
  - Have questions about how to get COVID-19 information
  - Need connections to volunteer aid or help from the community
- **Meal Distribution Info:** <https://www.hamden.org/coronavirus/meal-distribution-information>
- **Hamden Hunger Project: Food resources and solutions:** <https://www.hamdenhungerproject.com/>

## Community Spotlight: Look for the Good!

This past Saturday night you may have found yourself in front of your TV watching or just listening to a diverse bill of talented artists. This global broadcast of talent, One World: Together at Home, was designed to support both our frontline COVID-19 workers and the World Health Organization (WHO). Click the link below to watch/listen to the inspiring performances and learn more about ways that you can help.  
<https://www.globalcitizen.org/en/connect/togetherathome/>

