



Prevention *for parents*

National Gratitude Month

November is National Gratitude Month! With Thanksgiving just around the corner, we're reminded to take a moment to acknowledge what we are thankful for.



However, gratitude is a great practice all year long! Studies show that gratitude improves mental health, enhances resilience, helps your sleep, boosts self-esteem and is correlated with better physical health!

Here are some gratitude practices to implement into your life:

Journaling

- Write down one thing you're grateful for at the end of each day.

Gratitude Tree

- As a family, write down what/who you're grateful for onto paper leaves & attach them to a twig to make a mini tree!

Gratitude rock

- Choose a small rock to carry in your pocket throughout the day. Whenever you see or touch it, take a moment to pause and think of something you're grateful for.

Cornucopia of gratitude

- Around the dinner table, take turns naming one good thing that happened that day.

For example:

I am grateful for...

something I saw, heard, smelled, touched.

I am grateful for...

friends, family, teachers, my pets, that random person who smiled.

I am grateful for...

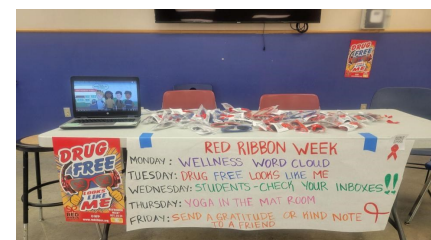
my eyes, my bed, my favorite book/movie.

the wellbeing of their peers! Thank you so much to South Whidbey C.A.R.E.S Coalition for funding the week's events! [Here](#) and below are some pictures from the week:



Acknowledgments

Red Ribbon Week at the Middle & High School was a SUCCESS!! The high school Mental Health and RAK Clubs, and Middle School ASB made signs and volunteered their time engaging their peers in a Week of Wellness in an effort to prevent substance use! I am grateful for such AMAZING youth who care deeply about



How Does Vaping Affect You And Your Student?

Two substances which can be used with vape pens include THC and nicotine, both of which are addictive. In this issue we will focus on nicotine and the affects it can have on you and your student.



Despite the many negative effects of vaping, it is marketed by advertisement companies as a healthy alternative to smoking. Such ads can be misleading and confusing.

Some of the health effects include damage to the lungs, heart, and other organs. This is due to the presence of hundreds of chemicals found in the aerosol, many of which contain harmful toxins. In addition, each cartridge of

juice/liquid contains high amounts of nicotine which puts students at higher risk for developing addictions into adulthood.

What can we do for prevention? We know that with prevention, community members and family are the most effective people that can effectively intervene and help their students quit.

To support them, it's important to offer emotional support and show empathy. Remember, quitting any substance is a difficult process that requires patience, kindness and honest communication.

There are links to resources for quitting substances in the "parent resources" section.

What Would You Like To See In The Next Issue?

Contact Colleen Chan with any suggestions, comments, or questions.

Colleen Chan

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Crucial Conversations Challenge: *Land Acknowledgements*

In honor of Native American Heritage Month, I would like to highlight our Executive Assistant to the Superintendent, Kristy Macarro. Thank you Kristy for your amazing and diligent work on the creation of the South Whidbey School District land acknowledgment!

Kristy reached out to our local tribal councils from the named tribes. Additionally, she reached out to the Lushootseed 101 teacher from Tulalip to assist her with the proper pronunciations. She watched a presentation by Dr. Cutcha Risling Baldy from Humboldt State University on [What Good is a Land Acknowledgement](#). She also reached out across the state to the different school districts to see what they have done.

The Suquamish Tribal Chairman, Leonard Forsman and Stillaguamish Tribal Historic Preservation team reviewed and approved our proposed acknowledgement.

Kristy emphasizes the goal of our land acknowledgment is, "to show our appreciation and encourage our students, staff and community to learn more about the tribes' history and their ongoing commitment to their people and their community from the viewpoint of the tribes."

I challenge your family to take a look at the Interactive [Native Lands Map](#), learn about and discuss our local tribes' history and culture, take informed action towards larger truth-telling and reconciliation efforts, build authentic relationships with and gain a greater respect for our Native communities.

Parent Resources

[Gratitude Meditation for Kids](#)

[Gratitude Exercises](#)

<https://teen.smokefree.gov/quit-vaping>

<https://truthinitiative.org/thisisquitting>

[2morrow Health](#)

[Land Acknowledgements Video](#)

[SWSD Tribal Land Acknowledgment](#)