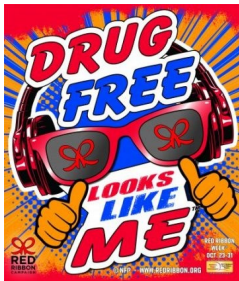




Prevention *for parents*

Week of Wellness

Red Ribbon Week is an annual campaign to spread awareness and engage youth, families, and communities in fun drug prevention activities. This year's theme is:



To commemorate Red Ribbon Week, Mental Health Club and RAK Club are collaborating to host their first Week of Wellness! Each day during lunch there will be a different activity that promotes and encourages wellness:

Monday: Wellness Word Cloud

Tuesday: Drug Free Looks Like Me

Wednesday: Envelopes of Hope!- Students check your inboxes!

Thursday: Enjoy a yoga class in the gym

Friday: Send a gratitude or kind note to a friend!

Parents, let your youth know the importance of being substance free. Encourage them to participate in these activities and regularly focus on and increase their own personal wellness. Contact Colleen for more at home wellness ideas!

National Drug Take Back

The National Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of your expired or unused prescription medications. The community's Drug Take Back event is being held at the **South Whidbey Community Center on October 23, 10am-2pm.**



"I am a sea of feelings.
I am an emocean."

Managing Emotions Through Changing Seasons

The days are getting shorter, the skies are getting darker and the crisp breeze of fall is beginning to blow in colder weather. But don't let the changing seasons make you "SAD."

Seasonal Affective Disorder (SAD) is a type of depression that correlates with seasonal patterns often due to decreased exposure to sunlight.

If this sounds familiar to you or your student, here are some ways to help:

- Encouraging exercise
- Getting outside as much as possible with natural sunlight
- Eating healthy foods
- Maintaining a consistent sleep schedule
- Setting up your inside space with sunlight lamps
- Self-love and self-care practices
- Celebrate the small wins!
- Family bonding time
- Coping mechanisms like meditation and journaling

Fall Into Healthy Habits

The effects of the Covid-19 pandemic on the mental wellbeing of students has shown a large amount of stress and anxiety. With Halloween and other Fall activities upon us, we wanted to take some time to discuss how you and your student can 'fall' into healthy habits.

Starting October 4 on Mondays, Tuesdays, Thursdays and Fridays, new (and not so new) students are invited to Room 137 during lunch to build connections with each other, learn



about resources, and adapt to being back at school. Find a flyer [here](#). Finding connection again in person at school will be an ongoing process for students throughout the year. What are some healthy habits that you can incorporate at home?

- Fostering a space for your child to communicate openly with you.
- Managing expectations.
- Participating in community activities together while maintaining safety.

What Would You Like To See In The Next Issue?

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

Colleen Chan

Student Assistance Professional (SAP)
South Whidbey Middle/High School & SWA
Northwest ESD 189
360-221-4300 ext. 5416

Crucial Conversations Challenge: *National Bullying Prevention Month*

It is important to have conversations with children about bullying and bullying prevention.

Understanding the differences between bullying, meanness, and rudeness is helpful for parents and their children to communicate what is happening in the relationships in their lives. Being rude to someone is classified as unintentionally saying or doing something that hurts someone else. Being mean is purposefully saying or doing something to hurt someone once or twice. Bullying is targeted, aggressive behavior that is repeated over time and includes an imbalance of power.

If you need to report bullying what do you do? Parents and students can make a report in-person at their respective schools and online [here](#); the online report can be done anonymously.



When having these conversations with students parents can encourage kindness and to reflect on how they treat others as well as modeling healthy behavior.

Parent Resources

- <https://www.k12.wa.us/about-ospi/press-releases/novel-coronavirus-covid-19-guidance-resources/resources-support-student-well-being-school-safety>
- <https://www.stopbullying.gov/>
- <https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>
- <https://www.redribbon.org/>
- [SWSD Harassment, Intimidation, & Bullying Reporting](#)