

**REMINDER
NO SCHOOL**

Virtual Make-up Day April 10

April Awareness
Autism
Child Abuse Prevention
Parkinson's Disease
Sexual Assault
Limb Loss & Differences
Scottish-American Heritage
Jazz Appreciation
Stress

APRIL

Community Spotlight

**April Showers bring May Flowers!
Dig It Community Gardens**

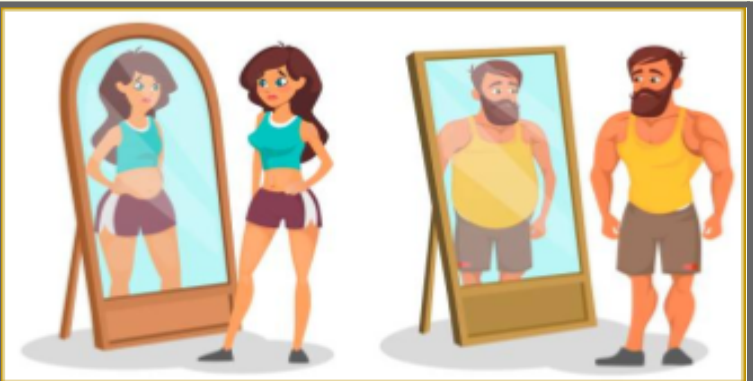
Located at 2301 Lillie Ave., next to Cecil Davis Park and offers a variety of services to our community. They have an active Facebook page (@digitkingman) that will inform you of all they have going on. This organization offers classes for kids and adults, a seed exchange library, and garden beds for lease.

While the heat of Arizona summer can be a bit too much for some types of plants, there are many types of fruits, veggies and herbs that, with a little maintenance, will provide a nice crop for your family. Raised garden beds or planters are a great option in our area and can be easily maintained in small spaces.

<https://www.digitkingmancommunitygardens.org>



While its origins are unknown, April Fools Day has been celebrated around the world for several centuries. On this day take a few minutes to tell a joke or play a prank as laughter is good for the soul. However, keep in mind your audience and remember some tricks, while funny to adults, just seem cruel to kids.



KUSD20 School Social Work
Newsletter April 2023
Nicole Bennett: Elementary Schools
Lindsay McMeins: Middle and High School

A Quick Note About Body Image

“It is important to remember that every body is different. We all have different genetic and cultural traits. Even if everyone started eating the same things and did the same amount of exercise for a whole year, we would not all look the same at the end of the year. This is because each person’s genetic inheritance influences their bone structure, body size, shape, and weight differently.

So, how can you determine your ideal body weight? Well, your “ideal” body weight is the weight that allows you to feel strong and energetic and lets you lead a healthy, normal life.” Source: <https://www.nationaleatingdisorders.org/every-body-different>

Investing In The Self: Fostering Self-esteem

Sometimes it's easy to notice when kids seem to feel good about themselves — and when they don't. We often describe this idea of feeling good about ourselves as "self-esteem."

Kids with self-esteem:

- feel confident
- Feel liked and accepted
- feel proud of what they can do
- think good things about themselves
- believe in themselves

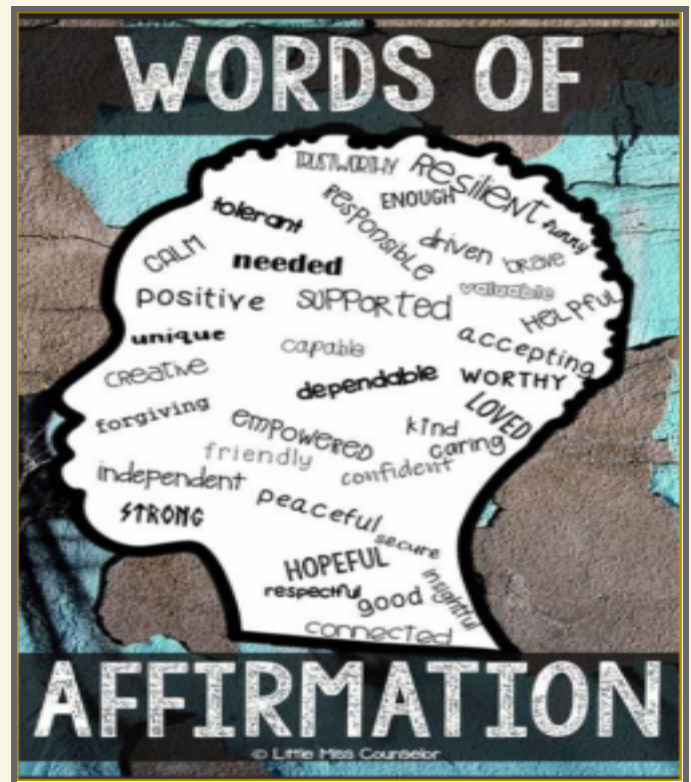
Kids with low self-esteem:

- are self-critical and hard on themselves
- feel they're not as good as other kids
- think of the times they fail rather than when they succeed
- lack confidence
- doubt they can do things well

Source: <https://kidshealth.org/en/parents/self-esteem.html>

Community Mental Health Resources:

Terros Mobile Crisis: 877-756-4090
Southwest Behavioral Health: 928-753-9378
Mohave Mental Health: 928-757-8111
Regional Center for Border Health: 928-627-9222



As kids grow, self-esteem can grow too. Any time kids try things, do things, and learn things can be a chance for self-esteem to grow.

This can happen when kids:

- make progress toward a goal
- learn things at school
- make friends and get along
- learn skills — music, sports, art, cooking, tech skills
- practice favorite activities
- help, give, or be kind
- get praise for good behaviors
- try hard at something
- do things they're good at and enjoy
- are included by others
- feel understood and accepted
- get a prize or a good grade they know they've earned

BELIEVE IN YOU!