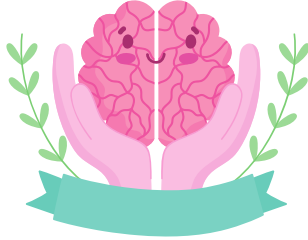


The Official Newsletter of the Glendale Middle School Counseling Team

Mental Health Awareness Month

Our Stress-Less Fair was a Success! We had over 200 families attend and attend breakout sessions as well as meet with community partners!

May is Mental Health Awareness Month. Our entire Wellbeing Team is so proud of our students for all they are overcoming. Please reach out if you'd like to talk or refer a student.



Finishing Strong

Here are a few things to help students stay motivated for the rest of the school year:

1. **Participation in class** - when students engage in the classroom, it helps them stay focused and interested on the topic. Not only does it help keep them focused, it also helps form better relationships.
2. **Positive self-talk** - try to surround yourself with positive people you will support and make you happy. Practicing positive self-talk helps reduce stress and anxiety.
3. **Self-care** - take care of yourself and do things that make you happy! Things that will help: getting enough sleep, healthy eating habits, drinking water, and physical activity are great daily routines to practice self-care.

We Made It...

This year has been quite eventful but we have also accomplished many things this year. We have amazing staff, teachers and students here at Glendale Middle School. It is has been an honor to be a part of the Mighty Lynx family. We hope you all have a wonderful summer!

Attendance Matters

Last month of the year! Although, it is the last month, attendance does matter. We hope that our Mighty Lynx finish out the year strong and come daily. You can find more resources by visiting www.attendanceworks.org

SHARP Survey

6th & 8th Graders will be participating in the federal Student Health And Risk Prevention (SHARP) Survey in their ELA classes. This survey offers valuable input to state, district and school programming. Counselors will get the results in the fall and will share out in staff meeting.

Upcoming:

May Theme:

We Are Confident

Advisory Host:

Ms. Munda

Track Meet - 10 AM
May 20 @ Glendale

Music Concert - 5 PM
May 31

8th Grade Promotion - 5 PM
June 8

Mental Health Awareness Resources

SafeUT

www.nami.org

www.samhsa.gov

www.mhanational.org

www.nimh.nih.gov

