

SEL + MENTAL HEALTH RESOURCES

August 2023



**AUGUST 30 IS NATIONAL
GRIEF AWARENESS DAY**



TIPS FOR PROCESSING GRIEF

Source:

[https://mhanational.org/
back-to-school/losing-
someone-you-care-about](https://mhanational.org/back-to-school/losing-someone-you-care-about)



Resource of the Month

10 Ways to Help Your Teen Succeed in High School

1. Attend Back-to-School Night and Parent-Teacher Conferences
2. Visit the School and Its Website
3. Support Homework Expectations
4. Send Your Teen to School Ready to Learn
5. Instill Organizational Skills
6. Offer Help With Studying
7. Know the Disciplinary and Bullying Policies
8. Get Involved
9. Take Attendance Seriously
10. Make Time to Talk About School

Source:

[https://kidshealth.org/en/parents/school-help-
teens.html](https://kidshealth.org/en/parents/school-help-teens.html)



This newsletter is provided by:
South Texas ISD
District Student Wellness Specialists