



HALDANE CSD



September 2023

The Haldane CSD community has gotten off to a great start this school year. By continuing to prioritize health and wellness, the district hopes to continue that success and to foster resiliency, a growth mindset, and a can-do attitude! We are in this together!



First
day of
school!

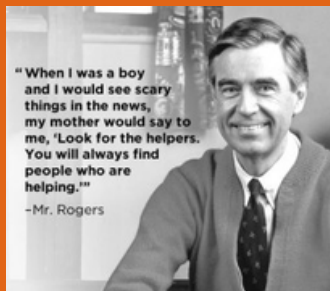
Social-Emotional Support

Please welcome Irene Sakamoto, CSW LMSW to Haldane. Ms. Sakamoto will be working with groups of students on developing important skills to increase resiliency, problem solve in social situations, and cope with frustration and worry. Ms. Sakamoto's services have been made available to HCSD through the Putnam County Department of Health.



Haldane Helpers:

Renee Curry, LCSW
Dawn Rossano, School Psychologist
Samantha Faughnan, BCBA
Kristen Amato, 6-9 Guidance Counselor
Analisa Aste, School Psychologist
Amanda Cotchen, 10-12 Guidance Counselor
Scott Many, LCSW



Prescription medicines can help heal illness, relieve pain, control disease, and bring balance to your life when taken properly. But when taken without the oversight of a medical professional, they can be very dangerous.

An alarming trend is emerging. Every day, more than 9,263 children and young adults begin experimenting with prescription drugs received from a friend or other unregulated means. Learn more: www.LockYourMeds.org

In the *KNOW*... The Dangers of Sharing Medication



Please remain vigilant of all prescription medications in your home and properly dispose of unused medications.

STAYING HEALTHY

COVID-19



Vaccines are recommended by the CDC:

Per the CDC, everyone aged 5 years and older should get one updated COVID-19 vaccine, at least two months after their last dose.

To find COVID-19 vaccine locations: Search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233.

If you test positive for COVID-19:

Regardless of vaccination status or presence of symptoms, those with COVID-19 should isolate for 5 days.

If you are symptomatic, Day 0 is the onset of your symptoms. If you are asymptomatic, Day 0 is the date of your positive test; the clock resets to 0 if symptoms begin.

If you are fever free after the 5-day period, you may return to school wearing a mask through day 10.



Get a flu shot.

**Flu Clinic at Haldane
October 4**

All Haldane students are eligible for a free flu vaccine. You must register in advance on FamilyID to ensure adequate supply.



September is Suicide Prevention Month, a time to raise awareness and promote mental health in our community. It's crucial to know the signs and resources available to support those in need:

Know the Signs: Be vigilant for signs of depression, isolation, or talk of self-harm. Reach out and offer help if you're concerned about someone.

Talk Openly: Encourage open conversations about mental health. Reducing stigma can make it easier for individuals to seek help when needed.



MENTAL HEALTH AND WELLNESS

HOW CAREGIVERS CAN FOSTER RESILIENCY

Adversity is a natural part of life. At some point, we all face difficulties, such as family problems, serious illness, widespread disease, a personal crisis, or a painful loss. Being resilient is important to dealing successfully with life's challenges.

[Click here for an article from NASP on fostering resiliency.](#)