



# ENTERPRISE ELEMENTARY SCHOOL DISTRICT

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*Empowering every child, every day to create a better world*

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Hello Families of EESD Middle Schoolers,

As 2024 gets underway, we wanted to send a reminder about the importance of looking out for students' well-being and mental health. We know that mental health challenges can significantly impact the ability to learn and develop; there is a strong link between students' mental health and their academic success. Here are some ways to support your child's well-being:

- **Communication:** Talk to your student about their feelings. Listen. Reassure them that it's perfectly normal to feel anxious about changes, etc.
- **Routines:** Consistent routines for sleep, nutrition, homework, relaxation, etc., foster a sense of security in young people.
- **Encourage in-person Interaction:** Participating in activities and interacting with friends in person is far healthier than online interactions where students may be exposed to harmful and hateful messages.

If you have concerns about your student, reach out to a professional for support. Your school can also help with this. Finally, while it can be uncomfortable to talk about suicide prevention, we believe that open dialogue is important. A common fear is that talking about suicide with kids "plants" the idea in their heads. In reality, regular and open conversations about suicide prevention can help your child feel safer and more comfortable coming to you if scary thoughts arise. Attached are some warning signs to watch for and some helpful responses and resources.

Partnering together, we can provide much needed support for our youth to thrive!

Sincerely,

Heather Armelino  
Superintendent