

# SOCIAL EMOTIONAL WELLNESS

Created By: Crisis Intervention & Prevention Team

## Welcome!

We are excited to begin another school year and provide social-emotional and mental health support for our HEBISD students and their families. The past two years have been trying and we are aware that returning to "normal" can be simultaneously an exciting and unnerving time. This newsletter will provide information and resources that could assist parents & students prepare to return. We hope you will utilize this as a tool for you and your student. Our contact information is included if you'd like further assistance.

-Crisis Intervention & Prevention Team



## BACK-TO-SCHOOL TRANSITION TIPS

1. Re-establish bedtime routines. If needed adjust bed time 15 minutes earlier each night leading up to first day. **SLEEP IS CRITICAL!**
2. Practice morning routines. For younger students, promote independence by reviewing morning and afternoon tasks they can do on their own.
3. As a caregiver, re-examine your expectations and your child's expectations. First few weeks can take a toll on everyone at home physically, mentally & emotionally.
4. Review student's schedule so they are aware of who's dropping them off, picking up, what classes to expect and what times these things occur.

## THE TEAM

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# BACK TO SCHOOL ANXIETY:

## Signs and Solutions

Students typically experience anxiety around the beginning of any new school year but this school year may exacerbate this for various reasons. Learn the differences between typical anxiety and an anxiety problem [HERE](#). As a parent you have a lot of opportunity to empower and work through some of this anxiety with them.

### Signs *(this list is not an exhaustive):*

1. Refuses to discuss back-to-school or denies having to return in-person
2. Complains of stomach pain and medical concerns have been ruled out
3. Verbally expresses how nervous/anxious they are
4. Decline in behavior (tantrums, isolation, temper, etc.)
5. Marked physical distress when back-to-school is mentioned (commercials, shopping, talks, friends, etc.)

### Solutions *(professional help may be warranted):*

1. Problem solve together with the clear understanding that not going to school is NOT an option. "How can I help make this better for you?"
2. Project a sense of confidence & understanding
3. Practice morning & evening routines
4. Provide choices surrounding back-to-school items when possible to foster empowerment
5. Practice coping skills ahead of time and discuss with your child when they can utilize these.
6. Take a walk around school grounds and practice aforementioned coping skills as needed.
7. Contact school counselor and/or teacher before first day of school and communicate concerns. THIS back to school template can be of assistance.



## MENTAL HEALTH SCREENER

Provided by Mental Health America



## CONVERSATION STARTERS

1. WHAT WAS THE BEST THING ABOUT YOUR DAY? WORST?
2. HOW WAS LUNCH? WHO DID YOU SIT WITH?
3. WOULD YOU RATHER QUESTIONS:  
A. SIT ALONE OR SIT WITH OTHERS  
B. HAVE LONGER LUNCH OR SHORTER SCHOOL DAY

These questions can be an opening for further inquiry. **Always ask with curiosity and specificity.**

## Coping Strategies



## Pathway 2 Success



Resources from  
Texas School Safety Center  
[Child & Adolescent Mental Health](#)  
[Developing Resiliency](#)  
[Impact of Stress and Trauma](#)