The team addresses mental health concerns to create a positive school environment for all students. You can submit a referral to our team by clicking HERE.

**How Trauma Can Impact School Performance**

From Mental Health America: Trauma is an emotional response to a distressing or disturbing event that overwhelms the individual’s ability to cope. Trauma is subjective — a traumatic experience for one person may not be traumatic for another, but that does not mean it is any less real for the person who is traumatized.

People of all ages experience trauma, but it has a particularly long-lasting impact on children as their brains are still rapidly developing. Often, children and adolescents don’t have the necessary coping skills to manage the impact of stressful events on their own or the language to explain their feelings (or even what happened).

Social-emotional Development: Experiencing trauma, especially at a young age, disrupts young people’s ability to relate to others and manage emotions. Without healthy coping skills, this often leads to poor in-class behavior, which can reduce learning time and increase rates of suspension and expulsion.

Academic Performance: Trauma can undermine many skills that are crucial for learning, including the development of language and communication skills, the ability to organize and remember new information, and reading comprehension. Students coping with trauma may experience intrusive thoughts or flashbacks that prevent them from paying attention in class, studying, or focusing during timed assignments. School-related trauma (like bullying or unfair punishment) often leads to school avoidance, leaving the most vulnerable students behind academically. Trauma also negatively impacts young people’s sense of self, making it difficult for those students to feel motivated, proud, and engaged in their learning.

Self-regulation has become recognized for its foundational role in promoting wellbeing across the lifespan, including educational achievement and physical, emotional, social and economic health. Self-regulation can be defined as the act of managing thoughts and feelings to enable goal-directed actions, and includes a variety of behaviors necessary for success in school, relationships, and the workplace.

Although it may sound like something internal to an individual, self-regulation develops through interaction with caregivers such as parents, teachers, coaches, and other mentors. Further, self-regulation development is dependent on predictable, responsive, and supportive environments. Because caregivers are vital to self-regulation development, teaching adults in caregiving roles to promote self-regulation can be powerful.

The supportive process between caring adults and children, youth, or young adults that fosters self-regulation development is called “co-regulation.” This term began as a description of adult support for infants, but is now used to describe an interactive process of regulatory support that can occur within the context of caring relationships across the lifespan. Co-regulation will look different at different ages as child capacity for self-regulation grows, but remains a critical resource across development. This brief describes co-regulation skills and strategies for caregivers at each stage from birth through young adulthood.

YouTube Video: What it is and Why it Matters?
TALK TO YOUR KIDS
Children are curious and will have questions about guns. Whether there is a firearm in your home or not, it is important to talk to your child about the rules of gun safety. There may be a situation where they see a gun and you are not around. They should know how to act. Choose a time and place where they won’t be distracted to have the conversation. Consider their age when you are talking to your child about gun safety. Ask them what they already know, and encourage them to ask questions. Don’t be afraid to talk to them again to make sure they remember.

Stop -- Do Not Touch -- Leave the Area -- Tell an Adult

Remember...
- Guns are dangerous. They can hurt or even kill others
- All guns should be stored unloaded and locked up
- If you see a gun somewhere, don’t touch it, and go tell an adult
- Always treat a gun as if it were loaded. It is NOT a toy.

SAFE GUN STORAGE

SAFELY STORING FIREARMS IS THE DUTY OF EVERY GUN OWNER
Gun safety isn’t just knowing how to handle a gun properly—it’s also about keeping it from getting into the wrong hands. Whether you keep a gun in your car, home or somewhere else, safely storing it 24/7 is a must in order to protect our children, prevent avoidable injury, and keep our weapons out of the hands of criminals. Together, we can keep our fellow Texans safe!

1. Store Firearms
   Store unloaded and secured by using a trigger lock, biometric lock, gun case, strong box, gun cabinet or gun safe.

2. Store Ammunition
   Store and lock ammunition safely.

3. Restrict Access
   Keep others from getting access to stored firearms 24/7. That includes family, friends, children, or other visitors.

Learn more about how you can help Keep ‘Em Safe, Texas!
SafeGunStorageTexas.com

READ MORE AT: HEBISD Crisis Intervention & Prevention Website