

If you have any feedback, or any topics you'd like to learn more about in this newsletter, please reach out via email.

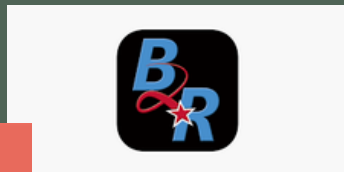
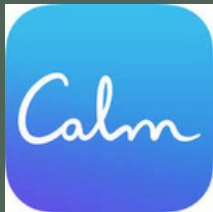
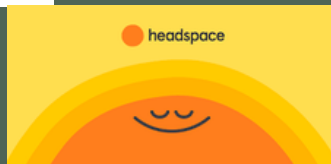
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Here are a few articles and videos you might find helpful this month:

- [How parents can help their teens avoid addiction](#)
- [Taking care of yourself: a gift to teens](#)
- The National Academies has a [series of videos](#) that teaches teens how to use strategies to manage stress and anxiety.
- [Healthy Limits on Video Games](#)

## Check out these apps!



Apps can be a great tool to help kids and teens learn mindfulness strategies to help regulate during times of stress or anxiety, or just as a regular self-care practice.

## Trusted Adults

This winter at Barker and Calkins, we are talking with students about trusted adults - consistent, dependable adult sources of support - and encouraging them to identify at least one trusted adult at school. Research shows how valuable it is for children to have at least one trusted adult at school that they feel comfortable going to if they needed help with something. This could be a teacher, counselor, administrator, coach, nurse...almost any caring adult!

Have a conversation with your children about who they feel trusted adults are in their lives, both inside and outside of school, and why these adults are important to them..

