

GLENDALE'S



SOCIAL-EMOTIONAL TEAM

NEWSLETTER

JUNE
2024

Look What We've Learned

Social-Emotional Learning (SEL) lessons have occurred with each grade level throughout the year. Topics at various grade levels included Skills for Learning; Empathy; Emotion Management; Problem-Solving Skills; and Fair ways to Play.

Each grade level also participated in lessons regarding bullying prevention, mental health awareness, and personal safety.

Career awareness was also a lesson topic. Additionally, 5th-grade students participated in several lessons related to middle school orientation.

Therapy Dog Program

Thank you to our '23 - '24 therapy dogs, Dory and Riley, and their handlers. Thank you also to our Paw Patrol Action Team student leaders for all of your assistance this year.



SHEF Weekend Backpack Food Program

The SHEF (Sweet Home Education Foundation) Weekend Backpack Food Program will continue with deliveries of non-perishable food items throughout the summer to families with school-aged children that are included in the program. The program is a partnership with Feedmore WNY.

Should you wish to be added to the program, please contact Mrs. Kawa.



Contact Us

Mrs. Kawa, School Counselor
(716) 250-1512
lkawa@sweethomeschools.org

Miss Ciezki, School Social Worker
(716) 250-1508
kciezki@sweethomeschools.org

Miss Hearn, School Psychologist
(716) 250-1509
lhearn@sweethomeschools.org

COMMUNITY RESOURCES



SUMMER
2024

Sweet Home Family Support Center

The Sweet Home Family Support Center (FSC) is a wonderful resource in the school district that offers a wide variety of supports for students and families.

The FSC serves as Central Registration for the school district. In addition to registering new students, they assist in a change of address for families that move within the school district.

The FSC can link individuals or families with counseling within the community. Additionally, the FSC can help families looking for health insurance, financial assistance, or housing, among other things.

The Glendale Social-Emotional Team can make a referral to the FSC while school is in session, or you may contact the FSC directly.

Anne Nowak, Director
(716) 250-1229
anowak@sweethomeschools.org

Kim Panepinto, Assistant
(716) 250-1228
kpanepinto@sweethomeschools.org

Food Assistance

In addition to the SHEF Weekend Backpack Food Program, other food assistance is available in the community. Please refer to the Food Assistance tab on the Sweet Home Family Support Center web page.

<https://www.sweethomeschools.org/Page/1422>



Immediate Mental Health Assistance

Should you need immediate mental health assistance, please call the National Crisis Line at 988 or the National Crisis Text Line at 741741.

Additionally, Crisis Services has a 24-hour crisis hotline at (716) 834-3131. The Kids' Helpline is (716) 834-1144 or 1-800-KIDS-400.



Upcoming

Please refer to the attached pages for upcoming community resources and events.

Weekend Backpack Food Program

The Sweet Home Education Foundation (SHEF) offers the Weekend Backpack Food Program, which delivers non-perishable food items every other week to Sweet Home families with school-aged children for the weekends.

Should you wish to be included in this program, please contact the Glendale school counselor at (716) 250-1512.



Rise 'n Shine!

Breakfast food drive to benefit SHEF's Weekend BackPack Food Program!

All non-perishable food items are needed:

- cereal
- oatmeal
- canned fruit
- jelly
- granola bars
- muffin mix
- pancake mix
- quick bread mix
- syrup
- juice boxes

Donations can be dropped off in collection bins found
in the Sweet Home School Buildings.

Collections begin on May 6th
and will conclude on June 14th!



**SWEET HOME
EDUCATION
FOUNDATION**



SHMS Student Council



SWEET HOME
EDUCATION
FOUNDATION

SHEF Weekend Backpack Food Program CONDIMENT FOOD DRIVE

June 12 - July 31



Drop off at:

Sweet Home Federal Credit Union
1960 Sweet Home Road
Amherst, NY 14228



go to <https://www.sweethomefcu.org/>
for hours

Do any of these apply to you?

- Has your child outgrown their car seat?
- Is your child's car seat damaged or expired?
- Are you pregnant or expecting a child and need a car seat before their arrival?

EPIC IS HERE TO HELP!



**FREE
CAR SEATS
AVAILABLE**

EPIC offers FREE virtual car seat safety classes and in-person car seat distributions & installations!

You must complete 1 safety class to receive a FREE car seat for your child!

PRE-REGSITER HERE



SCAN HERE

Proudly Sponsored By:



**Governor's Traffic
Safety Committee**

Car Seat Safety Classes:

**Tuesdays: June 4th, 11th, 18th
5 pm - 6 pm via Zoom**

Car Seat Distribution:

**June 14th, 2024
June 28th, 2024**

For More Information:

**Contact - Briana Jones
(716) 332-4133**

jonesb@epicforchildren.org

Town of
**Amherst Youth
& Recreation**
Department

Tie-Dye

Free!

Tuesdays

5:00pm - 8:00pm

All Ages

Bring a new, unworn item from home and join us!

July 2 Billy Wilson Park Shelter

July 16 Willow Ridge Park

July 30 North Forest Park Pavilion

Aug. 13 Clearfield Community Ctr.

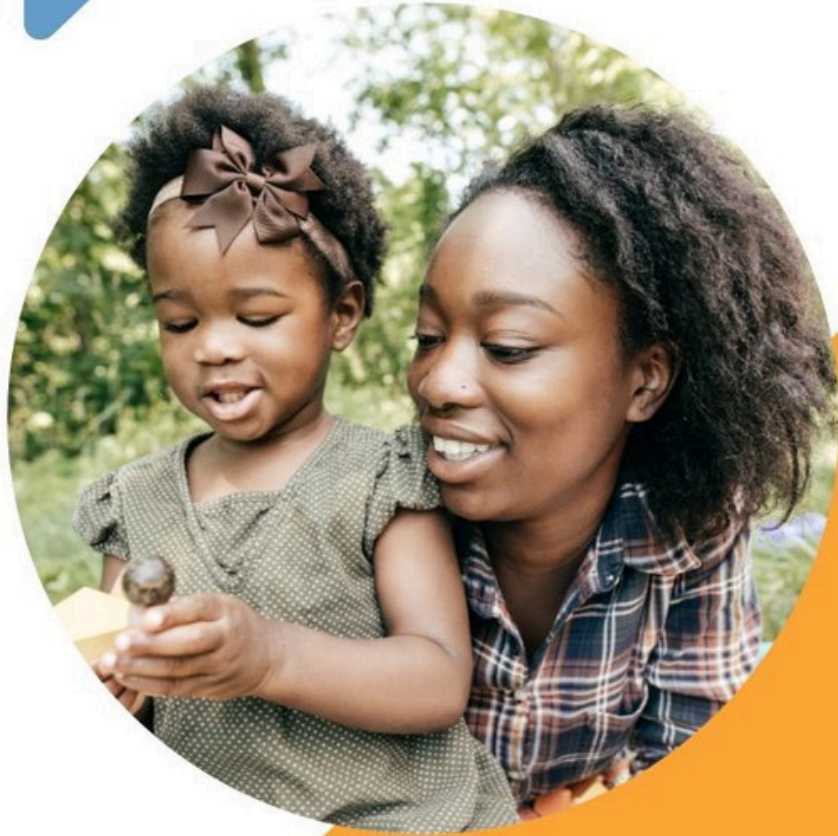
Register online:
www.amherstyouthandrec.org
or call 716-631-7132

Bright by

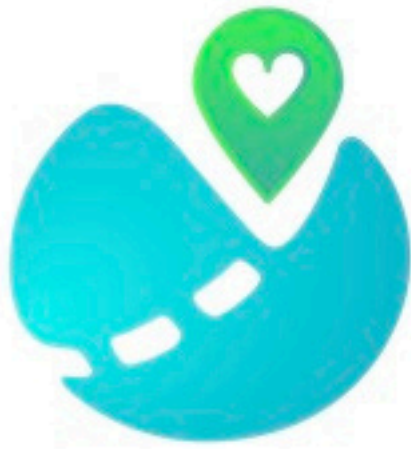


**Get free expert parental
advice over text.
Sign up today!**

Receive activities, tips, and alerts
for local events and resources
for your child's exact age!



**Use the QR code or
text EPIC to 274448
to sign up**



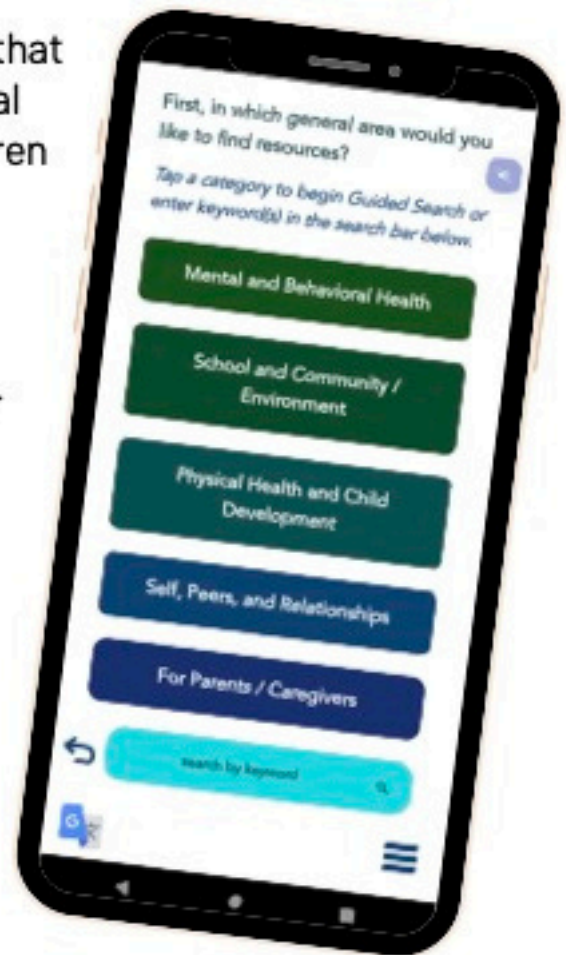
eriepath

find your way

Erie Path is Erie County's new smartphone app that helps parents and caregivers address the mental and behavioral health challenges faced by children and adolescents:

- ▶ **Find available programs and services** for children and adolescents.
- ▶ **Access information** that explains what their children and adolescents may face.
- ▶ **Explore practical strategies** for helping children and adolescents in their care.

Erie Path also includes resources for adult mental and behavioral health services, information for housing, employment, childcare, food pantries, medical care, social services, and senior services that can benefit adults and caregivers.



SCAN ME



erie.gov/eriepath

SCAN CODE WITH YOUR SMARTPHONE



MHA

Mental Health Advocates
Be Heard. Be Helped.

TAKE A
BREAK!

FAMILY SUPPORT PROGRAM

RESPIRE PROGRAM

Family Support Program is happy to partner with Sensational Fun, Inc.

Sensational Fun, Inc. Empowering Diverse Abilities

2881 Southwestern Blvd Orchard Park, New York 14127

www.sensationalfun.org

For any school age child with emotional,
social and behavior mental health challenges
and their caregivers.

New families- Request an application & Pre- Approval.
(Active families email/call to sign up)

*Need own Transportation

A Free respite for families with Kids: 4yrs - 12yrs.



**For more information and on how to apply: contact Toddie Rogers email/call
trogers@mhawny.org (716)886-1242 ext. 346

www.mhawny.org | (716)886-1242 | 1021 Broadway 5th Floor Buffalo, NY 14212

Sharpen the Saw Activity Cards

BODY



BODY



Dance



Walk or Run



Stretch or Do Yoga



Keep Clean



Eat Healthy Food



Wash Hands

Sharpen the Saw Activity Cards

MIND



MIND



Use Positive Self-Talk



Read



Draw



Visualize



Learn and Problem-Solve



Do Puzzles and Play Games

Sharpen the Saw Activity Cards

SPIRIT



SPIRIT



Encourage



Be Mindful



Visit Inspiring Places



Give Service to Others



Listen to Music



Do Creative Activities

Sharpen the Saw Activity Cards

HEART



HEART



Make EBA Deposits



Spend Quality Time



Make New Friends



Notice and Name Emotions



Listen and Share



Ask Questions

Being Kind to Myself

Kindness Every Day

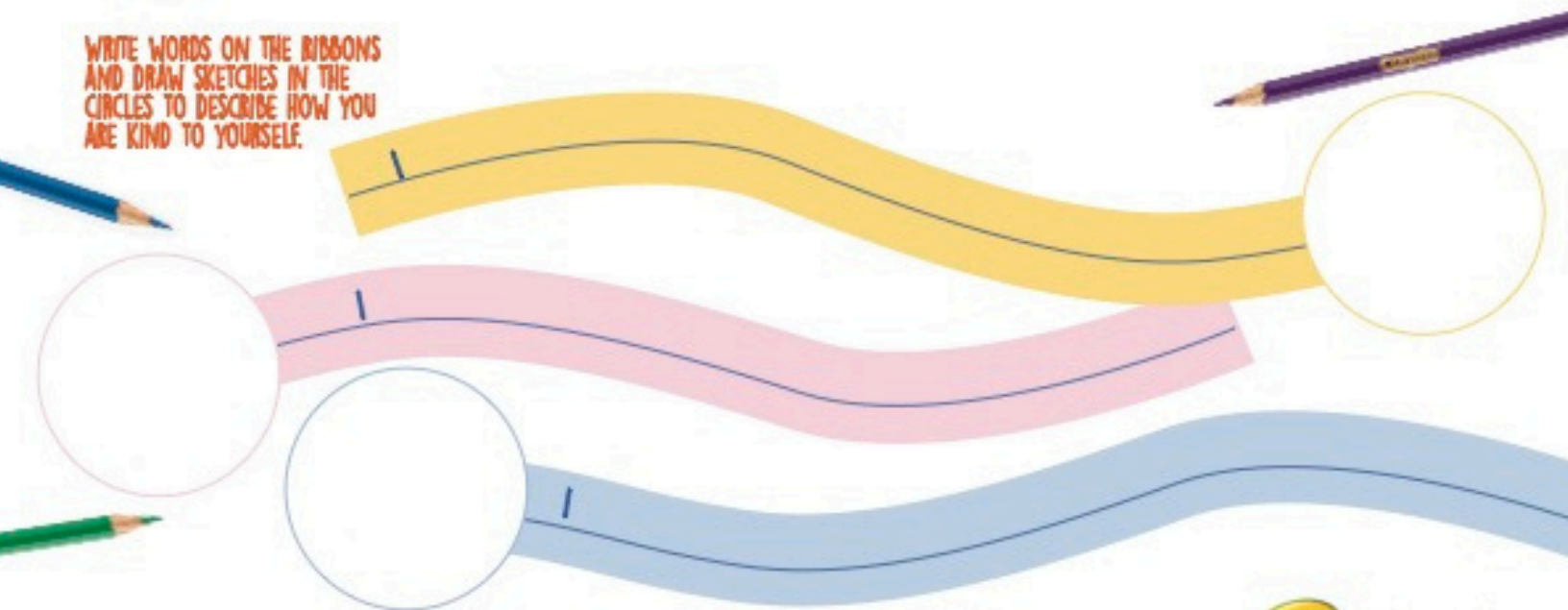


RESPOND to the *Kind to Myself* ribbons focusing on the self-compassion statements and illustrations.



CONNECT how being kind to yourself fosters mental and physical health. What helps you relax? What energizes you? How do you express your thoughts and feelings?

WRITE WORDS ON THE RIBBONS
AND DRAW SKETCHES IN THE
CIRCLES TO DESCRIBE HOW YOU
ARE KIND TO YOURSELF.



Being Kind to Myself

Kindness Every Day



CREATE a drawing of your customized *Me Spa*, a personal space that you imagine, where you would nurture yourself through self-care, do the things you love to do, and celebrate you! It might be a quiet place where you explore outdoors, comfy pillows where you daydream or read, or a creative space where you write, draw, or sing. It could look realistic or fanciful.

Examples of *Me Spa* drawings:



Elisabeth C.



Sofia T.



Brooke R.



PRESENT your self-compassion ribbons and *Me Spa* ideas to a trusted friend, real or imaginary, at school or home. Embrace this opportunity to focus on being kind to YOU. Keep your affirmation statements and *Me Spa* sketch as a special reminder to be kind to yourself.

Summer Safety

Seasons



RESPOND to the idea that summer activities need to be safe - for you, your friends and family, and the environment. Consider how drawing a summer scene could lead you to think about what would be needed to make summer activities safe.



CREATE a picture of one of the places where you enjoy playing or exploring during the summer. Include writing or visuals in the scene that show safety factors.



PRESENT your art to others and have a conversation about safety. Imagine you and your audience are walking through the scene. Have them look at your artwork and identify safety risks, if any, and areas that indicate safety precautions are being taken.



CONNECT safety practices, preparations, and rules to avoiding and handling incidents or accidents. Why is checking the overall environment and maintaining or repairing equipment important? How do people's behaviors impact the safety in summer experiences? Why is it important to think about safety before an incident occurs? How can art help people think about safety before they dive into summer?



Education

Thinking Sheet

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