

GLENDALE'S SOCIAL-EMOTIONAL TEAM NEWSLETTER - MAY 2024

May is Mental Health Awareness Month

- Upcoming social-emotional learning this month includes mental health awareness lessons. The lessons will help students to identify feelings, and to think about things that make them feel happy, such as things that are fun or relaxing for them. Things that can help to calm down strong feelings, such as deep breathing and positive self-talk, among other things, will be discussed. The importance of talking with trusted adults to help with with a problem or calming strong feelings will also be highlighted.
- We are grateful for our continued visits at Glendale from our therapy dog, Riley!
- Habit 7 of the Leader in Me program is "Sharpen the Saw." This means doing things to recharge ourselves so that we feel our best and do our best, both physically and mentally. We can do this by focusing on the body, mind, spirit and heart. The attached "Sharpen the Saw Activity Cards" from the Leader in Me program give ideas that individuals and families can do together to recharge in each of these areas. Sharpening the Saw is important for our overall health - both physical and mental health.
- Wellness Wednesday segments on Glendale News Daily will include mental health awareness information such as tips for Sharpening the Saw.
- The 2nd Annual Sweet Home Health and Wellness Fair is on Saturday, May 18th from 10:00 am - 1:00 pm at Sweet Home High School. See the attached flyer for physical and mental health information and activities for the whole family and community.
- Please contact us if you are interested in counseling for your child. Short-term, in-school counseling may be available, or we may make a referral for counseling within the community through the Sweet Home Family Support Center
- The Sweet Home Family Support Center (FSC) may also be contacted directly at (716) 250-1229 for any counseling or mental health needs, or any other immediate needs within the community.



Contact US

- ✓ Mrs. Sara Jackson, Interim School Counselor (716) 250-1512
sjackson@sweethomeschools.org
- ✓ Miss Kendra Ciezki, School Social Worker (716) 250-1508
kciezki@sweethomeschools.org
- ✓ Miss Lauren Hearn, School Psychologist (716) 250-1509
lhearn@sweethomeschools.org

5th-Graders Will Visit the Middle School on May 8th

- 5th-grade students, teachers, and the Glendale school counselor will tour the school on May 8th.
- Students will hear from middle school students. They will meet the middle school principal, Ms. Dauria, and their middle school counselor, Mr. Woods.
- We will leave by bus at 9:15 a.m. and will be back by the 5th-graders' lunch time at 11:30 a.m.

**Glendale 5th grade students will have
an in-district field trip to
Sweet Home Middle School
on Wednesday, May 8th**

We will leave for the middle school by bus by 9:15 a.m., and will return to Glendale by lunch time.

Students will meet middle school staff members, including their middle school counselor, Mr. Brandon Woods. Students will also hear from current middle school students, and have a tour of the school.

Additionally, middle school orientation lessons will occur in 5th-grade classes later this spring, including topics such as a general overview of what to expect at the middle school; how to open a combination lock; how to read a 6th-grade schedule; and general questions and answers.



Health & Wellness Fair



Co-Sponsored by:

Sweet Home Family Support Center and
Sweet Home Education Foundation (SHEF)

Saturday, May 18th, 2024

10am - 1pm

Sweet Home High School

1901 Sweet Home Rd

Amherst, NY 14228

FREE ADMISSION!

Activities:

-Arts and Crafts

-Hands Free CPR

-Chair Yoga

-Mindfulness

-Child Safety Seat Checks

-Child ID Cards

-Gym Activities

-Breezy Bowls Food Truck

-Justice League of WNY

Some of the Vendors

Include :

- American Foundation for Suicide Prevention**
- Oishei Children's Hospital**
- Gateway-Longview**
- Mental Health Advocates of WNY**
- People Inc.**
- Buffalo Bandettes**
- Amherst Police Department**
- Amherst YES Program**
- Erie County Senior Services**
- AND MANY MORE!!**

For Transportation :
Pre-Register by
calling:

Anne Nowak
(716) 250-1229

Due by May 10th

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

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.



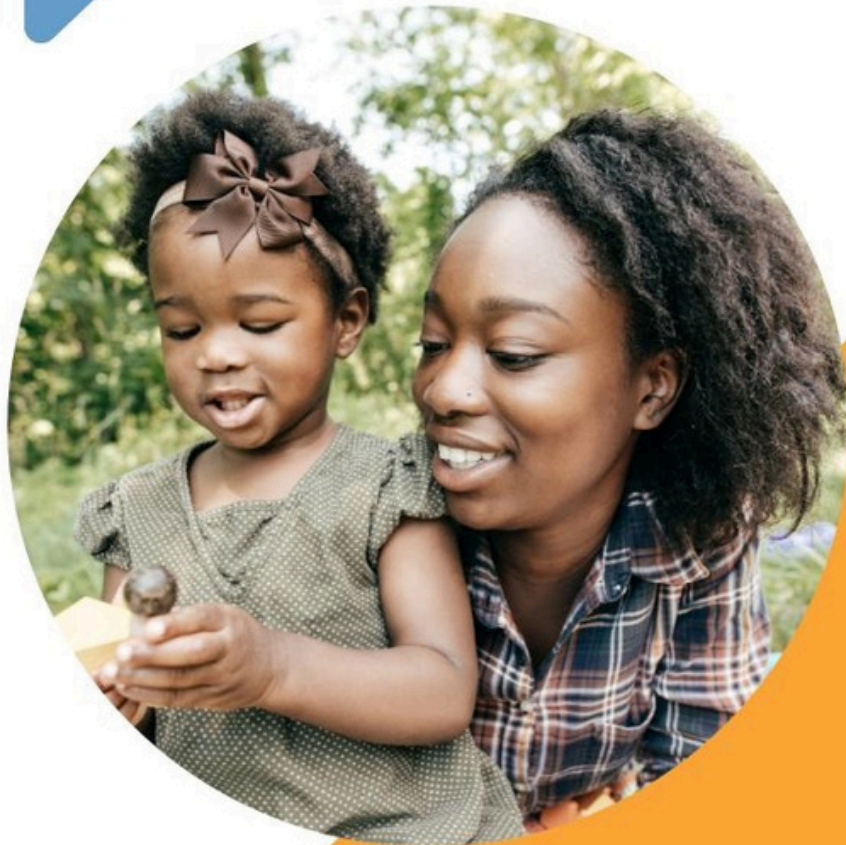
Bright

by



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ADDRESSING SLEEP CHALLENGES FOR THE NEURODIVERGENT CHILD

Join Parent Network and Dr Amanda Hassinger for an informational workshop on addressing sleep issues in neurodivergent children. This could include those with diagnoses or suspected: ADHD, Autism, Anxiety, Dyslexia, and more. While this workshop is specific to these needs, good sleep patterns can be disrupted in children for many different reasons, and this workshop may help support any family that has a child with significant sleep disturbances.

FREE VIRTUAL EVENT



May 9th



3:00 PM – 4:00 PM



Via Zoom

Presenter: After working a decade in pediatric critical care, Dr Hassinger went back into training and completed a Sleep Medicine Fellowship. She worked with UBMD Pediatrics to develop the only pediatric-dedicated Sleep Medicine Center in WNY which opened in 2020, which provides both inpatient and outpatient pediatric sleep medicine consultations on a variety of children's sleep problems. The Center sees patients 0 to 25 years old and has begun partnerships with community providers for neuro-diverse children; developing a multi-faceted program to improve the sleep and CPAP use in children with special needs in WNY.



SPONSORED BY:



For more information or to register:

716-332-4170

info@parentnetworkwny.org

www.parentnetworkwny.org/events