

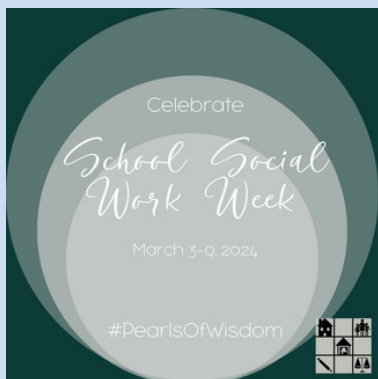
# SOCIAL-EMOTIONAL TEAM

## newsletter

**MARCH 2024**

**GLENDALE ELEMENTARY**

### SCHOOL SOCIAL WORK WEEK



We are wishing a very happy School Social Worker Week to our own Miss Ciezki! We are so grateful for Miss Ciezki, and for all that she does for the students, families, staff members and community members. She is an advocate and a champion for students and families, and is such a proactive, encouraging and enthusiastic member of the Glendale and Sweet Home family. Thank you, Miss Ciezki - we appreciate you!

### SOCIAL-EMOTIONAL TEAM

Lynn Kawa, School Counselor  
(716) 250-1512

Kenra Ciezki, School Social Worker  
(716) 250-1508

Lauren Hearn, School Psychologist  
(716) 250-1509

### THERAPY DOG PROGRAM

We are very fortunate to have an amazing therapy dog program at Glendale. One of our furry friends, Dory, paid her final visit to school, as she and her human family are moving to Cape Cod. Dory will bring smiles to the faces of students in her new community. Thank you, Dory! We are grateful for the continued visits from our other therapy dog, Riley.

### UPCOMING SCHOOL COUNSELOR LEAVE OF ABSENCE

Mrs. Kawa will be commencing a medical leave on March 14th for some weeks this spring. A substitute counselor will be appointed. Should you need assistance with anything, please reach out to the other SET members, or call the Glendale office. Mrs. Kawa is looking forward to getting back with our Panthers very soon!

# The 7 Habits of Happy Kids



## Habit 1- Be Proactive: I'm in charge!

- I am responsible for myself.
- I take initiative and have a "can-do" attitude.
- I choose how I act, how I feel and what I do.
- I do what is right without being asked, even when no one is looking.

## Habit 2- Begin with the End in Mind: I have a plan!

- I set goals for myself.
- I have a plan for how I will accomplish my goals.
- I think about what I want to be when I grow up and how I will get there.



## Habit 3- Put First Things First: I will do my work first, then play!

- I do my work before I play.
- I know what my responsibilities are, and I do them based on what is most important.
- I practice self-control.



## Habit 4- Think Win-Win: I believe we can all win!

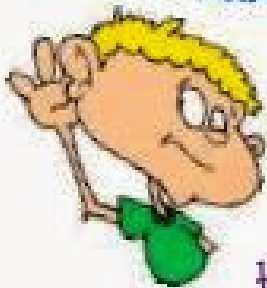
- I want everyone to be a success.
- I don't have to put others down to get what I want.
- When there is a conflict, I look for solutions that will make everyone feel good.



## Habit 5- Seek First to Understand, Then to be Understood:

### I will listen to others before I talk!

- I am a good listener.
- I try to understand other peoples' points of view especially when their opinion is different than mine.
- I am comfortable sharing my opinions and ideas.



## Habit 6- Synergize: I know that together is better!

- I know that everyone is good at something.
- Everyone needs to get better at something.
- I believe that we can all learn something from each other.
- I know that working in groups helps to create better ideas than what one person can do alone.



## Habit 7- Sharpen the Saw: I have balance in my life!

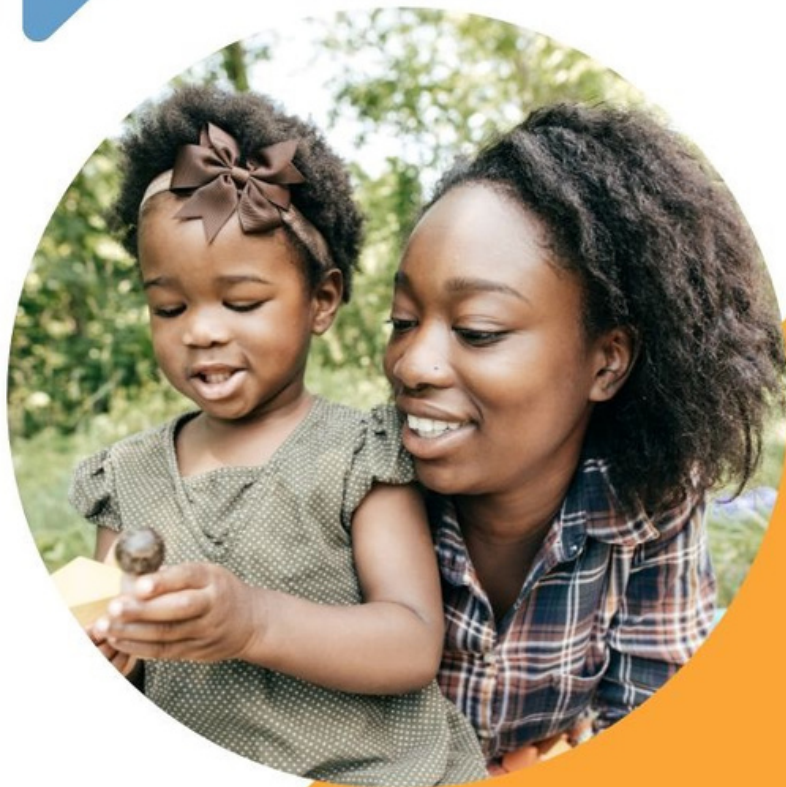
- I keep my body healthy when I exercise, eat healthy foods and get enough sleep.
- I enjoy learning new things.
- I know that it is important to spend time with people that I care about.



# Bright by Text

**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**





With over 73 years of expertise, The Prevention Council focuses on providing solutions to substance misuse, addiction, and unhealthy behaviors. Triple P is one of the few evidence based parenting programs in the world. It addresses child behavioral and emotional problems by giving parents proven tools and skills to build stronger families.



## Triple P Primary Care Discussion

The program is designed for parents with children 0-12.

Parents will learn techniques to prevent problems and overcome obstacles in four separate 2-hour sessions covering the following topics:

- Dealing with Disobedience
- Managing Fighting and Aggression
- Developing Good Bedtime Routines
- Hassle-Free Shopping with Children

## Triple P Teen Discussion

The program is designed for parents with teens 12-18.

Parents will learn skills to promote their teen's development, social competence and self-control. The program consists of four separate 2-hour sessions covering the following topics:

- Getting Teenagers to Cooperate
- Coping with Teenagers' Emotions
- Building Teenagers' Survival Skills
- Reducing Family Conflict



## What Is Required

Call or email the contact below to register.  
Availability to participate virtually or have access to transportation to meet at a designated location for the allotted amount of time.

**Any limitations or concerns can be discussed prior to the start of the program.**  
Contact: **Carol Smith**  
Email: [casmith@thepreventioncouncil.ec.org](mailto:casmith@thepreventioncouncil.ec.org)  
Office Phone: **716-831-2298**



Family Profile Form





# MHA

Mental Health Advocates  
Be Heard. Be Helped. [mhawny.org](http://mhawny.org)

# 60 YEARS



# SERVING WNY

**MHA is a team of experienced mental health advocates** who provide resources, programs, and hope for our community. We promote mental health and well-being for people of all ages and demographics throughout **Western New York.**



# 30,000

INDIVIDUALS  
SERVED ANNUALLY

Since 1962, advocacy has been at the core of what we do



# 78

SCHOOLS  
SERVED



# 10,000

STUDENTS  
SERVED

# 42

STAFF



# \$2.6 MILLION

ANNUAL OPERATING BUDGET



# 8,000

INBOUND CALLS ANNUALLY



# 400

INDIVIDUALS

RECEIVING LEGAL ASSISTANCE

## FUNDING BY SOURCE

# 50%

GRANTS

# 33%

CONTRACTS

# 17%

DONATIONS



**Mental Health Advocates**  
1021 Broadway, 5th Floor  
Buffalo, NY 14212 | [mhawny.org](http://mhawny.org)  
p. 716.886.1242 f. 716.881.6428

**Be Heard. Be Helped.**

Mental Health Advocates is a 501(c)(3) not-for-profit organization.



# Weekend BackPack Program

**Sweet Home has partnered with FeedMore  
WNY to provide the BackPack program!**

The BackPack Program is a free program offered by FeedMore WNY. Its goal is to provide nutritious and easy-to-prepare foods to children to take home on weekends and school vacations.

Each week, your child will be provided with nutritious, non-perishable food provided by FeedMore, supplemented by additional food and toiletries donated to and packed by SHEF.

Participation in this program will not affect eligibility for other food assistance programs!

**Contact Sweet Home's  
coordinator to enroll  
your child today!**

[sweethomefoundation@yahoo.com](mailto:sweethomefoundation@yahoo.com)  
(716) 250-1605





THANK YOU, GLENDALE!



TOGETHER, WE DONATED MORE THAN 250 CANS OF SOUP TO HELP SUPPORT OUR SWEET HOME FAMILIES THROUGH THE SWEET HOME EDUCATION FOUNDATION'S WEEKEND BACKPACK FOOD PROGRAM.

WHAT A GREAT WAY TO SYNERGIZE AND FILL OUR AND OTHERS' EMOTIONAL BANK ACCOUNTS.

THIS IS A GREAT EXAMPLE OF A WIN-WIN!



THANK YOU AGAIN!

