

Social-Emotional Team Newsletter

Glendale Elementary School - February 2024

SOCIAL-EMOTIONAL LEARNING AND COUNSELING SUPPORTS

Social-Emotional Learning lessons continue across all grade levels. The Second Step curriculum is utilized, as well as The Leader in Me lessons. Additionally, various SEL books, videos, and other resources may supplement the lessons.

Should you be interested in counseling for your child, individual or group counseling may be available at school or in the community. In-school counseling is short-term and solution-focused to address issues affecting the school day. Please contact us if you are interested in this for your child.

Long-term counseling in the community is available through the Sweet Home Family Support Center. We can make a referral or you can call directly at (716) 250-1229.

COMMUNITY RESOURCES

Sweet Home Family Support Center

<https://www.sweethomeschools.org/Domain/1069>

Please see the attached pages for programs and supports within our community.

WEEKEND BACKPACK FOOD PROGRAM

We are collecting canned soup and non-perishable foods through this Friday, February 9th as part of our Sweet Home Education Foundation (SHEF) "Soup"-er Bowl Food Drive. Thank you for your help in supporting our community!

Should you be interested in having your family added to the program to have deliveries to your home of non-perishable food items every other week, please contact Mrs. Kawa.

CONTACT US

Mrs. Kawa, School Counselor

lkawa@sweethomeschools.org
(716) 250-1512

Miss Ciezki, School Social Worker

kciezki@sweethomeschools.org
(716) 250-1508

Miss Hearn, School Psychologist

lhearn@sweethomeschools.org
(716) 250-1509

"SOUP"-ER BOWL FOOD DRIVE



PLEASE CONSIDER
DONATING CANS OF SOUP
TO BENEFIT THE
SWEET HOME EDUCATION
FOUNDATION'S
WEEKEND BACKPACK
FOOD PROGRAM

LET'S MAKE A DEPOSIT
INTO OUR
EMOTIONAL BANK ACCOUNT
BY HELPING OTHERS IN OUR
COMMUNITY

IT'S A WIN-WIN!



Students may bring soup cans to their classroom
through February 9th
Thank you for your support!



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
Office Phone: 716-831-2298



Family Profile Form

Town of
**Amherst Youth
& Recreation**
Department

Art for all Seasons

Ages 5 - 12

THURSDAYS, FEB. 29 - APR. 11

4:30PM-6:00PM

**Harlem Road Community
Center - Rm. 2**

**\$30 w/valid resident ID;
\$55 non-residents**

Questions? E-mail
mholmes@amherst.ny.us

**Make a variety of crafts/art
projects according to the
season!**

**Register online:
amherstyouthandrec.org**

Town of
**Amherst Youth
& Recreation**
Department



FEBRUARY BREAK FAMILY NIGHT

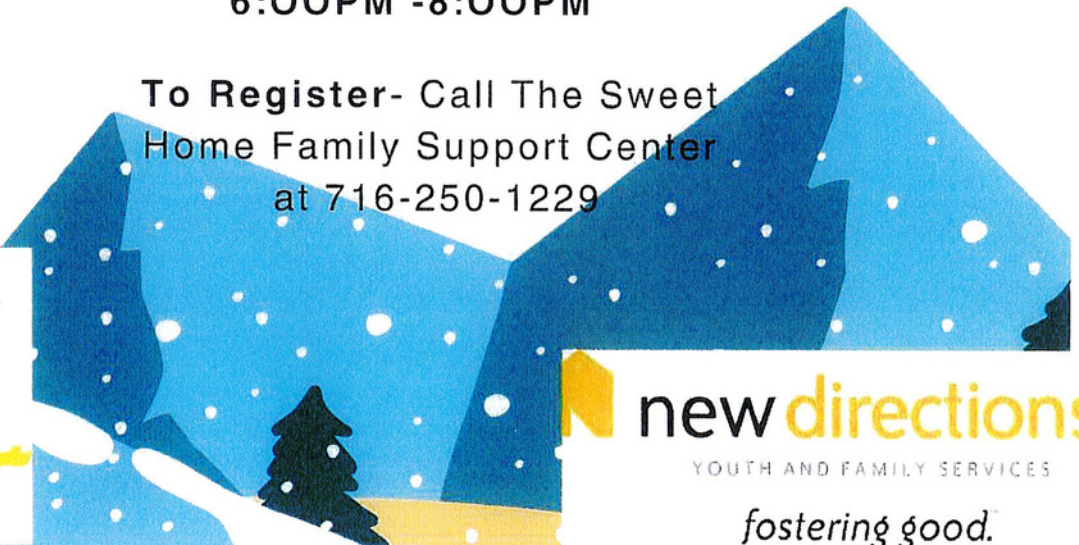


PARENTS/GUARDIANS COME HAVE REFRESHMENTS
SHARE YOUR THOUGHTS ABOUT FUTURE PARENT
PROGRAMS AND HEAR ABOUT CURRENT SUPPORTS
KIDS ENJOY ACTIVITIES WITH THE AMHERST YOUTH &
REC DEPT.



TUESDAY, FEBRUARY 20, 2024
6:00PM -8:00PM

To Register- Call The Sweet
Home Family Support Center
at 716-250-1229



new directions
YOUTH AND FAMILY SERVICES
fostering good.



The Prevention Council Of Erie County Presents

JUST PRACTICE

For those who have some familiarity with mindfulness and/or who have participated in one of our past mindful awareness series.

JOIN US ON ZOOM --- FREE OF CHARGE



Connect with others exploring mindful awareness practices. Shared practice supports a commitment to weaving mindful awareness practices into your daily life.

Benefits of Mindfulness

- Increased responsiveness, clarity, and resilience to stress (which aids health!)
- Decreased reactivity, impulsivity, and operating on "automatic pilot"

Register in advance for the day(s) and the time(s) of the sessions you'd like to attend --- you do not have to attend each week.

Monica: Monday Afternoon, 12:30pm-1:15pm EST

<https://us02web.zoom.us/meeting/register/tZwkdOusrD4oGN2v3dgbU-luc0wNNVryBAYZ>

Monica: Wednesday Afternoon, 5:30pm-6:15 pm EST

<https://us02web.zoom.us/meeting/register/tZUkcOGgrzMjHNMExlloZ39oFKmRpjBv-yWr>



After registering, you will receive a confirmation email containing information about joining the sessions.





MHA
Mental Health Advocates
Be Heard. Be Helped.



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

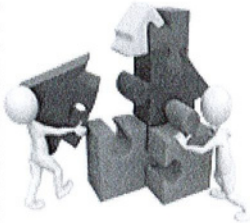
www.sensationalfun.org

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