

Glendale's Social-Emotional Team News

MAY 2023

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May is Mental Health Awareness Month

Social-Emotional Learning (SEL) lessons and "Wellness Wednesday" morning news announcements for this month will focus on mental wellness - focusing on our feelings, thoughts and actions.

Information about how to calm down strong feelings, as well as what we can do to feel good will be focused on.

Counseling Support in School and in the Community

Should you be interested in counseling for your child, individual or group counseling may be available. In-school counseling is intended to be short-term and solution-focused to address issues that may be affecting the school day.

Additional assistance, such as long-term counseling in the community, is available through the **Sweet Home Family Support Center** (FSC). The FSC can also help with information regarding immediate needs resources, among other things.

Please contact us if you are interested in in-school counseling, or if we can be of assistance in making a referral to the FSC. The FSC may also be reached directly at (716) 250-1229.

Memorial Day

There will be no school on Monday, May 29th, as we honor our fallen American heroes.

5th-Grade Middle School Orientation

Glendale 5th grade students will have an in-district field trip to Sweet Home Middle School on Thursday, May 25th. We will leave for the middle school by bus at 9:15 a.m. We will return to Glendale before lunch.

Additionally, middle school orientation lessons will occur in 5th-grade classes in the coming weeks, 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.

Thank you, and please contact Mrs. Kawa if you have any questions at all.

Sweet Home Health and Wellness Fair

Please see the following flyer for information about the Sweet Home Health and Wellness Fair on **May 20th from 10:00 a.m. - 1:00 p.m.**

Community Supports and Programs

Please see the following pages for flyers for upcoming community supports and programs.

In Recognition of Mental Health Awareness Month, The Sweet Home Family Support Center and SHEF invite you to the:

Sweet Home Health and Wellness Fair

May 20th 10:00am-1:00pm

Vendors and Activities to include:

- Child ID's and visit a patrol car from the Amherst Police Department
- Car Seat Checks with the Erie County Sheriff's Department
 - Face Painting from the Amherst YES Program
- Arts and Crafts with the Amherst Senior Services
 - Hands Only CPR with Erie 1 BOCES
- NYS Marketplace Insurance sign up with Highmark
 - Medicaid Recertification with Fidelis
 - Healthy Snacks with General Mills
 - Meet a Calf from the Dairy Council
- Narcan Training with the Erie County Health Department
- Fun Drills with the High School Boys Varsity Basketball Team
 - Yoga with Mindful Healing Connections
- Resources on Mental Health and Support for Families from
 - BestSelf Behavioral Health
 - Child Advocacy Center
 - Horizon Health Services
 - Mental Health Advocates of WNY
 - Gateway Longview Behavioral Health
 - New Directions
 - Parent Network of WNY
 - The Prevention Council of WNY
 - American Foundation for Suicide Prevention
 - People, Inc



Located at Sweet Home High School Main Gym

PARENT NETWORK OF WNY

FAMILY/CAREGIVER GROUPS

A family/caregiver group provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about disabilities and resources.

THE LINK – WNY'S FAMILY & CAREGIVER GROUP

If you are a parent of a child with disabilities or if you suspect they have a disability, get the support you need from Parent Network of WNY, Empower & other group members.

Virtual meetings every second Monday of the month @ 6:30PM

CHAUTAUQUA COUNTY FAMILY & CAREGIVER GROUP

Receive FREE support, connect with other parents and caregivers, express yourself.

Virtual meetings every third Tuesday of the month @ 12:00PM

ADHD/LEARNING DIFFERENCES SUPPORT GROUP

If you are a parent of a child with ADHD or if you suspect they have a learning difference, get the support you need and learn new strategies to use with your child.

Virtual meetings every third Tuesday of the month @ 6:30PM

CHARLA CON NOSOTROS

Respondemos sus preguntas sobre ... Transiciones, Educación Especial y Discapacidades, Comportamiento, Recursos tecnológicos en Buffalo y cualquier otro tema que desee discutir.

Reuniones en persona cada segundo jueves del mes @ 5:30pm



If interested in joining a group:

Call: 716-332-4170 or Email: info@parentnetworkwny.org

Visit: <https://parentnetworkwny.org/events/>



The Prevention Council regularly offers its Triple P Program (Positive Parenting Program). Please see the flyer for contact information.

The Prevention Council of Erie County



1625 Hertel Avenue
Buffalo, NY 14216



Tel: 716.831.2298
Fax: 716.831.9580



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 submit a referral.
- 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**



For more information visit: www.thepreventioncouncil.ec.org

PARENTING IS HARD. EPIC CAN HELP.



PROGRAM TOPICS:

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

WHEN:

Thursdays
11am - 1pm
May 25 - June 22

All courses held on Zoom

REGISTER: 716-332-4126 or scan QR code



Welcome to Triple P (Positive Parenting Program)

We are excited to welcome you to Triple P

Triple P is offered world-wide and is an "evidence-based" certificate program.

The series was developed for parents of children from age 0-12 yrs of age.

We also have a Triple P Teen Program for parents of youth ages 12 and above.

The program consists of five 2 hour weekly sessions.

The sessions are **offered on Zoom** and the cost is **free**. Materials for the course are mailed to you before the course begins.

The Program includes pre-tests (3) and post-tests (4) to be completed by the participant. These tests are given to determine the effectiveness of our Triple P program. The tests are often completed online with our assistance. They can also be emailed to participants for independent submission. They take about 10 min to complete.

Certificates are presented after the completion of the last session.

We are also flexible and will schedule other days and times (including evenings and weekends) to offer the Triple P program at your convenience.

We welcome your participation and feedback throughout your involvement in this empowering parenting program.





**Ronald McDonald
House Charities®**
of Western New York

Glendale is very happy to continue our support of the Ronald McDonald House Charities of Western New York Pull Tab Program.

Aluminum pull tabs from beverage cans are collected and donated. Pull tabs are weighed and recycled, and the monetary value of the aluminum is matched by Niagara Metals. The donations help to purchase items for the Ronald McDonald House and Family Lounge. The Ronald McDonald House in Buffalo allows out-of-town families with children in a local hospital to have a place to stay during the child's hospitalization.

There is not a deadline for this program - pull tabs may be dropped off throughout the school year.

Pull tabs can be dropped off to Mrs. Kawa's room in the Glendale school office. Please donate just the pull tabs. Thank you!

