

Glendale's Social-Emotional Team News

April 2023

Mrs. Lynn Kawa

School Counselor

lkawa@sweethomeschools.org

(716) 250-1512

Miss Zoe Gionis

School Psychologist

zgionis@sweethomeschools.org

(716) 250-1509

Miss Kendra Ciezki

School Social Worker

kciezki@sweethomeschools.org

(716) 250-1500

LeaderinMe®

**The 7 Habits of
Happy Kids**

Glendale participates in the Leader in Me program and focuses on the program's 7 Habits of Happy Kids. Please refer to the attached pages of this and upcoming newsletter for information for families about this program.

This month's information includes a summary of Habit 7: Sharpen the Saw, as well as information for tips on how to sharpen the saw at home.

**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.

Community Supports/ Programs

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

Creekwood Family Fest

Saturday, April 15th

1 - 3 p.m.

Please see the attached flyer for details

Therapy Dog Program

The Glendale Therapy Dog program continues, and the students and staff are loving the visits!

Thank you to our dogs Bella and Dory and their handlers for their continued visits to Glendale. Thank you also to the Glendale Paw Patrol Action Team students for getting the therapy dogs to their scheduled locations within the school each week!

Social-Emotional Learning

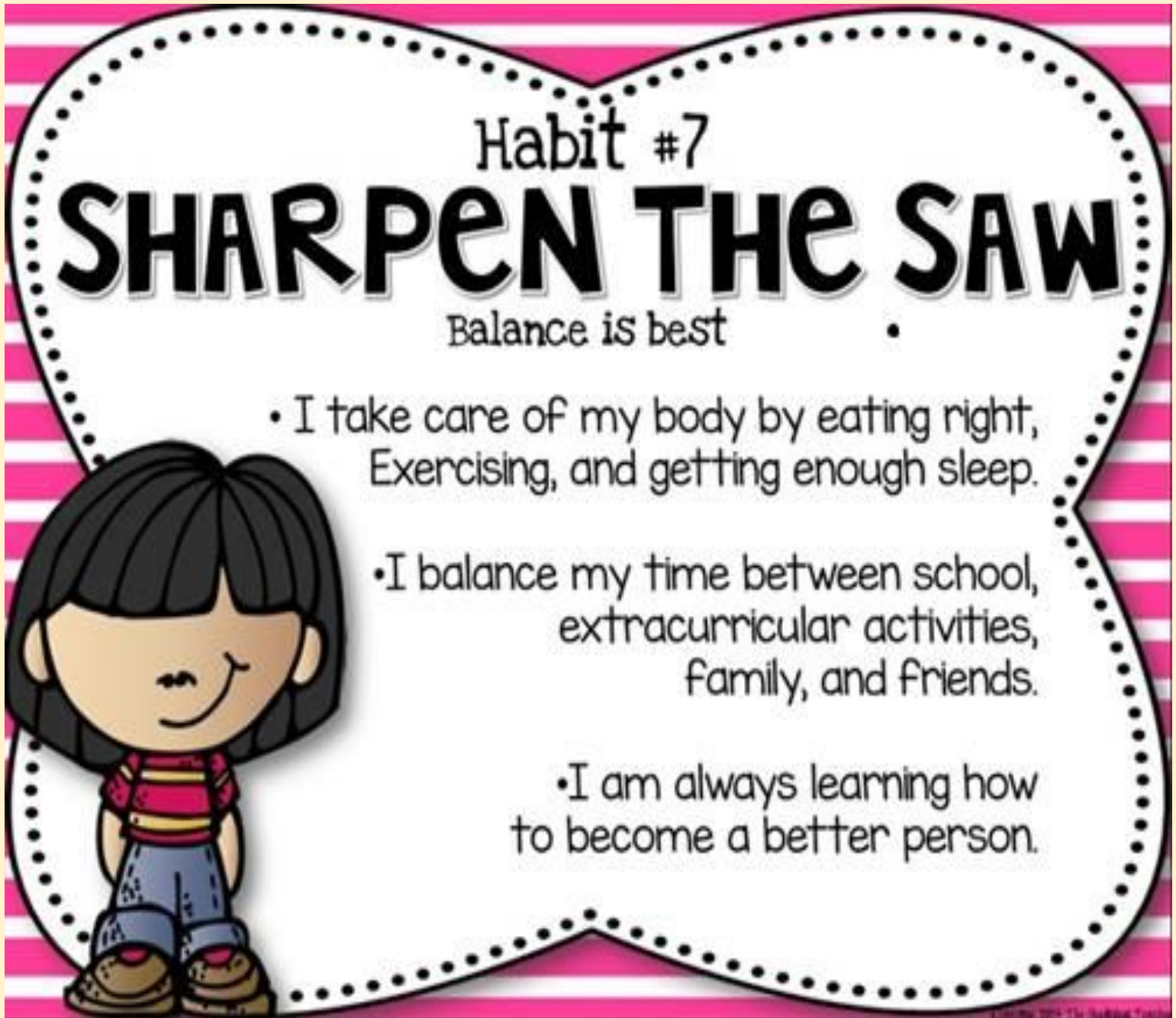
Social-Emotional Learning (SEL) lessons in the classroom continue for all grade levels. The lessons utilize the Second Step curriculum, among other resources. The Second Step units include Skills for Learning; Empathy; Emotion Management; and Problem-Solving Skills. It also covers Fair Ways to Play for our youngest learners. Please contact Mrs. Kawa with any questions.

Sweet Home Health and Wellness Fair

May 20th 10 am - 1 pm

See the attached flyer

At Glendale this month as part of our Leader in Me program,
we are focusing on Habit 7: Sharpen the Saw.



Habit #7

SHARPEN THE SAW

Balance is best

- I take care of my body by eating right, Exercising, and getting enough sleep.
- I balance my time between school, extracurricular activities, family, and friends.
- I am always learning how to become a better person.

How can you sharpen the saw with your family?

See the next two pages for ideas.

Habit 7: Sharpen the Saw®

Balance Is Best!

Imagine going for a walk in the forest, when you come upon a man sawing down a tree.

- "What are you doing?" you ask. "I'm sawing down a tree," he says.
- "How long have you been at it?"
- "Two or three hours so far," he says, sweat dripping from his chin.
- "Your saw looks dull," you say. "Why don't you take a break and sharpen it?"
- "I can't," he replies. "I'm too busy sawing."

Think about it. Do we ever do this to ourselves in other situations? How?

When we work to build family traditions together, we show we are valuing the needs of individuals and families. Renewing our family in each of these areas is where family bonding, identity, fulfillment, and happiness are found. Many of these renewal times come when we are giving time to the Big Rocks we learned about in Habit 3: regular one on one-time, regular meals together, regular family time, family rituals, and traditions.

Think back to Habit 2 when your family created your coat of arms. What did you put in each of the four quadrants? Think back to why you chose to add what you did. Was there at least one item that was something you could do with your physical body? One that was emotional or to do with love? Anything about learning? What about spiritual? These are the four basic needs families and individuals need.

Physical—Body

- Exercise and do physical activities together.
- Clarify or reclarify expectations and goals around financial and physical assets.
- Do family work together.

Mental—Mind

- Learn new things together.
- Share and discuss ideas.
- Develop talents.
- Write/keep a journal.

Emotional—Heart

- Love and affirm one another.
- Laugh at inside jokes and relax together.
- Build relationships of trust and unconditional love.

Spiritual—Spirit

- Renew commitments.
- Clarify directions and goals.
- Read inspirational literature together.

Habit 7: Sharpen the Saw®

“Neglect your body, and it will deteriorate. Neglect your car, and it will deteriorate. Watch TV every available hour, and your mind will deteriorate. Neglect your family, and it will deteriorate. Anything that is not consciously attended to and renewed will break down, become disordered, and deteriorate.”

—Stephen R. Covey

Family Activity:

1. Take time to write down some activities your family can do to balance your lives. Is there something you would really like to do but haven't or haven't done in a long time? Choose one or two activities and make a plan to Sharpen the Saw together. Pick a date you will complete the activity by or the date you will discuss the activity details with your family. Write it down on your family calendar where everyone can see it.
2. Have each member of your family answer the following question by either writing or drawing their answer.
Parents: What would a “personal day” look like to your ten-year-old self? Kids: If you could have a day to do anything at or around your home, what would it look like?



CREEKWOOD FAMILY FEST

Come celebrate the **NEW** Northwest Amherst Community Center and learn about our exciting programs and services!

**Connection,
Collaboration,
Community**

Free Fun for the Whole Family

**Discover Volunteer Opportunities for Teens!*

- All Day** Sports & Games
- 1:00 PM** Face Painting & Crafts
- 1:30 PM** Storytime w/ Local Author Sandy Barton
- 2:00 PM** Amherst Police & Kids Tug-of-War
- 2:15 PM** Adult Fitness Demo Class
- 2:30PM** Seed Planting

SAT. APRIL 15
1 pm - 3 pm

CREEKWOODS PARK
Corner of Sunridge and
Glenhaven
Bring your own seating!

RAIN LOCATION
Heritage Heights
Elementary School
2545 Sweet Home Road



**Town of
Amherst Youth
& Recreation
Department**

AMHERST POLICE **Connect with APD 24/7**

f t y i l p

@amherstpoliceny



**For more
information call:
716-631-7132 x 7513**

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).
There will be a Tuesday program starting on April 25th.
Please see the flyer for contact information.



-  casmith@thepreventioncouncil.ec.org
-  716-831-2298 ext. 115
-  thepreventioncouncil.ec.org



Parents will learn techniques to prevent problems, overcome obstacles, and promote their child's development, social competence and self-control.

**COMPLETION
CERTIFICATES
AWARDED**

Free Convenient Evidence Based

Triple P Primary Care: Parents of children age 0-12
Triple P Teen: Parents with teens age 12-18

Five 2 hour weekly sessions
Tuesday 9:30-11:30am (flexibility upon request)

PROGRAM FORM



Call or Email Us Today for More Information

The Prevention Council regularly offers its Triple P Program (Positive Parenting Program).
There will be a Thursday program starting on May 25th.
Please see the flyer for contact information.



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





**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!

