

# MENTAL HEALTH MEMO



## OCTOBER 2024

Holley Elementary School

Red Ribbon Week will be  
October 22nd -October 25th  
Flyer with further details will be  
emailed home.



### Elementary Mental Health Team:

**Kristina Tese:** Counselor

**Holly Curtis:** Psychologist

**Michelle Palmer:** Social Worker

### Contact Information: 638-6318

**Mrs. Tese:** extension 2408

ktese@holleycsd.org

**Mrs. Curtis:** extension 2411

hcurtis@holleycsd.org

**Mrs. Palmer:** extension 2558

### Establishing Routines at Home

Why is important to establish routines for children?  
Research proves that routines support early childhood emotional development. Familiar patterns and activities can provide comfort to children during uncertain times. Children with regular home routines usually have better self-regulation skills, which means they are better at identifying their feelings and are less likely to become overwhelmed.

Here are some benefits of using routines with your child:

- ♦ Routines eliminates power struggles and help kids cooperate
- ♦ Over time, routines help kids take charge of their own activities and become more independent
- ♦ Routines help kids get on a regular schedule, which help parents maintain consistency and expectations

[www.youthfirstinc.org](http://www.youthfirstinc.org)  
[www.peacefulparenthappykids.com](http://www.peacefulparenthappykids.com)



Having open and consistent communication can be very beneficial in your child's classroom success and show your child that you are invested in their education. Here are some tips to help you:

- Everyday check your child's bag and folders for notes and updates.
- Find the best way to contact the teacher so if there are any concerns you can contact them.
- Be a partner in your child's learning by assisting with homework, time management skills, and talk about school matters at home.
- Frequently check the teacher's digital platform as well the district as well School Tool and the district's website for information on upcoming events.



## October is National Bullying Prevention Month

Unity Day is October 16th:

**Wear Orange to send a visible message of building commUNITY through kindness, acceptance, and inclusion to prevent bullying.**

### Community Resource

#### National Suicide Prevention Lifeline

The **National Suicide Prevention Lifeline** is a suicide and crisis hotline.  
You can call or text 988.



### The Holidays Are Fast Approaching!!

Believe it or not, the holidays are quickly approaching! During this time, we start thinking about how we will be helping families that need assistance for the holiday season. Below are the ways that we do so:

We recognize that some families may need assistance with providing gifts to their children this time of year. If you are anticipating needing some help this holiday season, you may be able to be "adopted" by a sponsor who will provide items to help out, based on a wish list completed by the kids (all of this is anonymous).

**Please call Michelle Palmer (585-638-6316 ext. 2558) by 11/15/24 if this might apply to you.**



### October Celebrations

Oct. 8 International Dyslexia Day

Oct. 10 World Mental Health Day

October 26 National Make a Difference Day

Oct. 27 National Mentoring Day

### BUDGET-FRIENDLY *Fall Activity* CHECKLIST

- ☐ Go on a nature hike.
- ☐ Have a picnic.
- ☐ Go pick pumpkins.
- ☐ Carve Jack-o' lanterns.
- ☐ Visit an apple orchard.
- ☐ Make your own local fun.
- ☐ Create an outdoor obstacle course.
- ☐ Spend time around the fire pit.
- ☐ Tailgate from home.
- ☐ Make apple cobbler.
- ☐ Pop popcorn on the stove.
- ☐ Roast pumpkin seeds.
- ☐ Watch a favorite fall movie.
- ☐ Learn about money together.
- ☐ Roast marshmallows.
- ☐ Drink hot chocolate.
- ☐ Go for a Sunday drive.
- ☐ Camp out in your backyard.
- ☐ Enjoy some spooky science.
- ☐ Take up bird-watching.
- ☐ Jump into a pile of leaves.

