

# MENTAL HEALTH MEMO



## NOVEMBER 2024



Holley Elementary School

### November 13th is World Kindness Day

Here are a few activities to help teach kids spread kindness:

- Write thank you notes to community helpers (firefighters, police, nurses, etc.)
- Hold the door open for someone
- Give some one a compliment
- Write chalk sidewalk messages with positive and encouraging words
- Pick up litter
- Read books together about kindness (<https://www.readbrightly.com/childrens-books-about-kindness/>)



### Elementary Mental Health Team:

**Kristina Tese:** Counselor  
**Holly Curtis:** Psychologist  
**Michelle Palmer:** Social Worker

### Contact Information:

**638-6318**

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**Mrs. Palmer:** extension 2558

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### Food for Families

We know that the holidays can be tough financially, which doesn't help when there are hungry mouths to feed at home during the holiday break. Our Food for Families Program can help with those "extra" meals that the kids typically get during their school day. The program will provide your family with a bag of food to supplement your food supply while the kids are home for the holiday break.

The program is first come first serve. Please call or e-mail Michelle Palmer (585-638-6316 ext. 2558, [mpalmer@holleycsd.org](mailto:mpalmer@holleycsd.org)) by 12/11/24 if you're interested.

### 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.**

## Adjusting to the End of the Daylight Savings Time

Daylight savings ends on **November 3rd**. This means we gain an extra hour of sleep, however, the end of daylight saving time can impact children's sleep and daytime function, which can affect their mood, energy levels, and ability to focus. When the clocks fall back, younger children wake up an hour earlier than usual, which can be difficult for parents. The time change disrupts children's circadian rhythms, which can make it harder for them to fall asleep and wake up when they need to.

To help children adjust to the time change, you can make small changes in your child's sleep schedule before the time change. A consistent bedtime routine helps your child's brain know when it's time to calm down and fall asleep. While sleeping in might be tempting, waking your child up helps ensure they are tired enough for their normal bedtime. With a bedtime routine in place, your child should adjust to the end of daylight saving time within about a week or two.



## Kids Communicate Through Behaviors

Kids use their **behavior** to show how they're feeling and what they're thinking. All behavior is a form of communication, and oftentimes, they're communicating something through their behavior that they can't necessarily verbalize, which can lead to misbehavior. When determining how to effectively respond in these moments, consider why your kid misbehaves and try to find the possible underlying motivation for their challenging behavior. Here are some reasons your child may be communicating by misbehaving:

- **They want attention:** Children often feel left out when parents are occupied. Try ignoring negative attention (tantrums whining, etc.) and praising positive attention.
- **Kids imitate misbehavior:** Limit your child's exposure to **aggressive behavior** in media and real life. Role-modeling healthy behaviors and helpful choices can teach your child which behaviors are most appropriate in various situations
- **Test Limits:** When you've established rules and told kids what they're not allowed to do, they often want to see if you're serious. Testing limits is a healthy part of a child's social and emotional development. Set clear limits and offer consequences consistently.
- **To show independence:** As preschoolers learn to do more things independently, they often want to show off their new skills. Tweens are also known for their attempts to be independent. Give your child opportunities to make appropriate choices. Giving age-appropriate freedom is one way to meet your child's need to be independent.
- **They have big emotions:** Sometimes, kids have no idea what to do about their feelings. It's helpful for parents and caregivers to teach kids about feelings and to show them healthy ways of coping with a range of emotions.