

MENTAL HEALTH MEMO

JANUARY 2024



Holley Elementary School



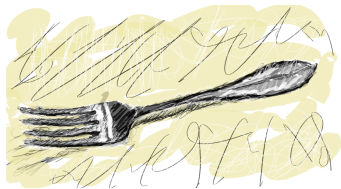
FEBRUARY BREAK FOOD FOR FAMILIES

SIGN UP DEADLINE: Wednesday 2/7/2024

PICK UP: Friday 2/16/2024 at the Holley Community Center located at the 75 Public Square

Looking ahead, February break is next month. Our Food for Families program can help with those “extra” meals that kids will now be home for.

This service is a first come first serve so please contact Michelle Palmer (mpalmer@holleycsd.org or extension 2558)



Community Mental Health Spotlight:

[National Suicide Prevention Lifeline](#)
Phone number-988 (call or text)

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

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

mpalmer@holleycsd.org

If your child is in need of a winter coat, hats or gloves please contact Michelle Palmer (mpalmer@holleycsd.org or extension 2558)



Positivity Project: Optimism

Optimism is a mindset—ways of thinking and seeing things. Optimists see the positive side of things. They expect things to turn out well. They believe they have the skill and ability to make good things happen.

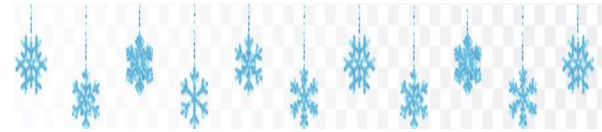
Ways to Nurture **OPTIMISM** in Children

- *Model Optimism.
- *Focus on their efforts.
- *Reframe negative talk.
- *Frame struggles as opportunities to learn.
- *Encourage independence
- *Refocus their anger.
- *Practice gratitude.
- *Look for “Glimmers” throughout the day—things that you happy and talk about them.



New Year Resolutions

New Year's resolutions can be a great way for kids to learn about setting goals. Goal setting is a very important tool for self-confidence, self-motivation, and promoting learner autonomy. If children regularly see that they are doing something related to what they like, as a result of their own choices, their self-esteem will improve. New Year's resolutions don't have to be restricted to an all-or-nothing pledge at the start of the year. For kids, it is a great idea to think about New Year's resolutions in a few ways: behaviors you want to become habits, new opportunities for teamwork as a family, or a fun opportunity to see what your child wants do with the new year.



JANUARY FAMILY FUN BUCKET LIST



Build a snowman



Celebrate MLK Day



Make a bird feeder



Have a pajama day



Try a new flavor of hot chocolate



Make a snowflake craft



Have a snowball fight



Bundle up and go for a walk



Make snow angels



Build a blanket fort



Go sledding



Play a board game

How to Help Your Child Set Up Goals

1. **Set a Goal.** Step one to teaching children about setting goals is creating the goal.
2. **Help Your Child Make their goal attainable.**
3. **Create an action plan.**
4. **Set checkpoints and**
5. **Offer Incentives.**
6. **Offer Support.**

