

MENTAL HEALTH MEMO

MARCH 2025



Holley Elementary School

Food for Families for Spring Break:

The program will provide your family with a small bag of food to supplement your food supply while the kids are home for the week. The program is first come first serve.

Deadline to sign up is April 2.

Please contact Michelle Palmer (585-638-6316 extension 2558) to reserve your spot.



Elementary Mental Health Team:

Kristina Tese: Counselor

Holly Curtis: Psychologist

Michelle Palmer: Social Worker

Contact Information: 638-6318

Mrs. Tese: extension 2408

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Mrs. Curtis: extension 2411

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Mrs. Palmer: extension 2558

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March is National Reading Month

National Reading Month is celebrated in March to honor Dr. Suess's birthday. Reading is one of the best habits to develop; it strengthens the mental muscles, helps to improve comprehension and analytical abilities, and increases imagination and boosts memory. Learning to read happens at school and at home. Here are some quick ways to promote literacy at home:

1. Read to your kids daily! It's never too early to read aloud to your child. Even older children enjoy listening to a story.
2. Be a role model and read in front of your children. If parents "practice what they preach" about the importance of reading, it sends a loud and clear message to their kids that reading is, in fact, valuable.
3. Create a quiet space for reading at home away from the television, computer and phones. Both you and your children can create the space together.
4. Be involved with your child's homework.

Community Resource Spotlight

Genesee-Orleans Ministry of Concern

585-589-9210, M-F 9:00-4:00

They can provide emergency services such as providing personal care items, bedding, prescription copays, vision and dental assistance, help with certain utility bills, and limited assistance with emergency shelter. They also can provide certain furniture items to those in need.



Celebrate in March:

March 1st: Share a Smile Day

Brighten someone's day and share a smile!

March 2nd: Dr. Seuss Day

Celebrate reading with the whimsical tales by this beloved author

March 10th: Harriet Tubman Day

Harriet Tubman Day is a celebration of courage and freedom. It honors Harriet Tubman's relentless fight for the freedom of enslaved people.

March 12th: National Girl Scout's Day

This organization has encompassed courage, confidence, leadership, entrepreneurship and active citizenship through practical skills, activities, and community services for girls.

March 15th: National Napping Day

Taking a little daytime snooze is like hitting the reset button, recharging energy levels and boosting productivity in a flash.

March 19th: Let's Laugh Day

Laughter boosts mood, relieves stress, and strengthens relationships. So, don't forget to laugh often and spread joy wherever you go!

March 30th: National Take a Walk in the Park Day

Take a Walk in the Park Day invites everyone outside! It's a day to enjoy the simple pleasures of nature, clear your mind, and embrace the peace parks offer.

Children and Grief

Depending on their personalities and developmental age, children may express grief in different ways. For example young children may not understand what death means or that people who have died won't be coming back. As children get older they may begin to understand more, but will still need help from their parents and other caregivers on how to process and cope with loss. While you can't protect children from loss and the pain it may cause, you can play a major role in helping them feel secure and cope in the healthiest way possible.

Kids Ages 2-4 Possible expressions of grief: Nightmares, regression to earlier behaviors, changes in sleeping and eating, violent play, attempting to take on the role of the person who died. **How you can help:** Encourage expression of the child's feelings through physical outlets as well as symbolic play (drawing and stories) and talking about the person who died.

Kids Ages 7-13 Possible expressions of grief: Regression, school problems, withdrawal from friends, acting out, changes in eating and sleeping habits, overwhelming concerns over their own body, thoughts about their own death. **How you can help:** Encourage the expression of feelings no matter what they are. Explain options and allow for choices around funerals and memorial services. Be present, but allow alone time, too. Encourage physical outlets. Don't avoid talking about the death or answering questions.

www.childmind.org

