



MENTAL HEALTH MEMO

NOVEMBER 2023

Holley Elementary School

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. Let us assist you with that! 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) by 12/8/23 if you're interested.



Routines

Children benefit from established routines being in place at home. Knowing what to expect and what is expected of them allows children be less anxious and free to be more creative and relaxed. Creating routines at home also eases many parenting struggles. When your child and family know there are fewer battles and chaos. Finding consistent routines will be different for each family, however , here are some important times of day to have a routine:

- **Morning:** making their bed, getting dressed, brushing their teeth, eating breakfast
- **After School:** have a snack and relax, homework, play or activity, dinner
- **Bedtime:** wind down, pick out clothes for the morning, pack school bag, quiet calming, activities warm bath, get enough sleep

Brought to you by the Elementary Mental Health Team:

Holly Curtis
School Psychologist
Michelle Palmer
School Social Worker
Kristina Tese
School Counselor

Contact Information 638-6318:

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Community Resource

Spotlight:

Orleans County Care and Crisis Helpline : 585-283-5200

Free and confidential 24/7 crisis helpline answered by skilled listeners.

Provides a safe and non-judgmental source of support for individuals in any type of crisis. The helpline can also be reached by texting 741741.

This program is a collaboration between Orleans and Genesee County's Mental Health Departments.

This is for both adults and youth.

Positivity Project: Gratitude

Gratitude means you are aware of and thankful for good things that happen. Gratitude is the quality of feelings and expressing thankfulness and appreciation. It is an affirmation that there is goodness in other people and the world and that we have received that goodness. People with the strength of gratitude have a readiness to show appreciation for kindness and also to return kindness.

Here are easy ways to help teach children GRATITUDE

- Demonstrate and practice using good manners in our home and out in the community by saying “Please” and Thank You”.
- Volunteer with your child in your community.
- As a family, make and send out thank you cards to show others you appreciate and value them.
- Daily, share one thing about your day what you are thankful for at dinner or at bedtime.
- Compliment someone.
- Have your child keep a gratitude journal based on their age and skill level. Children may write or draw what they are thankful for.
- Create a gratitude jar—write one thing you are thankful for and add it to the jar.
- Practice turning complaints into praises— help your child find ways to reword complaints into something they appreciate.



Grateful

Appreciate

Thankful

Acknowledgment

Family Fun: Easy Moon Sand Recipe

Makes: 1 small quantity for a child to play with **Prep:** 5 minutes

Ingredients: 8 tablespoon of flour or corn flour, 1 tablespoon vegetable or sunflower oil and a few drops of food coloring (optional)

Method:

1. Put the flour in the bowl, then slowly stir in the oil and food coloring
2. Rub the oil and coloring through the flour with your fingertips, as if you were making pastry, until the mixture feels sandy and no oil is visible. If the mixture seems too dry, add a few more drops of oil, or if the mixture is too soft, add some more flour. The consistency should be a dry, shapeable clay that crumbles fairly easily when squeezed.

Storage: Moon sand keeps in sealed container t room temperature for up to a month, but discard if it starts to look grimy)