MENTAL HEALTH MEMO
MARCH 2024

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 3/20/24.

Food pick-up will be on 3/28/24 at the Holley Community Center.

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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Project Positivity

How to Find the Good in Others

- **Be empathetic**
- **Focus on the good deeds of others and appreciate**
- **Appreciate and acknowledge your self**
- **Focus on a person's strength**
- **Have a positive attitude toward others**

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.

Technology Use for Students

One of the biggest challenges facing parents today is how—and how much—to reduce the amount of time their children spend on electronic devices such as cell phones, tablets, video games, TV, and computers. It's an issue not just with older kids, many of whom are practically attached to a cell phone, but with younger children as well.

It's not uncommon to see babies and toddlers staring at screens given to them by parents who are trying to find something that'll distract or calm a child, and often, that early tech use transitions right into constant screen time as kids get older. It's such a prominent problem that the AAP (American Academy of Pediatrics) issued new recommendations for kids' media use in November 2016. Here's what they advise:[1]

- Babies younger than 18 months: no screen with the exception of video-chats
Kids 18 to 24 months: high-quality programming if parents want to introduce digital media; parents should watch with kids
- Kids 2 to 5 years: limited screen time to one hour a day of high-quality programs; parents should view with kids
- Kids 6 and older: consistent limits on screen time; limits on types of media; and making sure screen use does not interfere with kids getting enough exercise and sleep
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The AAP also recommends that parents establish screen-free times (such as during dinner) and no-screen areas in the home (such as in bedrooms). And in a nod to the dangers of cyberbullying and online safety, the AAP also suggests that parents talk to kids about online safety and being respectful to others online.

As we figure out how to have kids use screens in a practical, beneficial, and limited way, it's important for parents to keep in mind not only the benefits kids gain from limiting screen time such as increased sleep, improved grades, decreased aggression, and lower body mass index, but also what kids *lose* when screen time is not limited. Here are some important things (which are important to growth and development) kids miss out on when they're engaging with screens:

- Reading Books

- Connecting with Family

- Socializing with Friends

- Playing Outside

- Engaging in Imaginative Play

Reference: www.verywellfamily.com