



MENTAL HEALTH MEMO

APRIL 2024

Holley Elementary School

Earth Day

Earth Day is celebrated on April 22nd. It is a day to celebrate our Earth and a reminder that we must treat our Earth with care and respect our planet. There are several things you can do year-round, not only on Earth day, to “go green” and help our planet.

Reduce Electricity:

Turn off the lights, computers, televisions and other electronics when you are not using them.

Recycle:

Every bottle, can, piece of plastic, paper, etc. just sits in a big pile at the local dump if we do not recycle it. Make sure you recycle!

Conserve Water:

Shut off the water when you brush your teeth or take faster showers to use less water.

Use Different Transportation:

If we walk, ride a bike or take a bus, or car-pool we reduce our carbon foot print

Plant a tree:

Planting a tree is a great way to beautify the Earth, clean the air and increase oxygen.



Elementary Mental Health Team:

Kristina Tese: Counselor

Holly Curtis: Psychologist

Michelle Palmer: Social Worker

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Project Positivity HUMOR

Humor means you like to laugh and bring smiles to other people. It is a way of looking at and describing the world that brings laughter to people. Humor plays an important role in helping groups of people rise above difficult circumstances and boost morale.

Humor can be found in movies and books, in jokes, and in everyday situations of life. Humor can also describe a mood or a state of mind. Because laughter is good for us, humor can play an important role in our health.



Family Fun Activity Rock Painting



Supplies:

- Rocks
- Paint Brushes
- Acrylic Paint
- Clear All Purpose Glue (paint on after rocks dry to seal and weather proof)

To celebrate how we are all different have each one of your family members decorate a their own rock. Discuss how different they are and any similarities. Place in them in your garden and enjoy a colorful new decoration!



April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being. Here are a few ways all family members can manage stress:

Deep Breathing: Close your eyes, take a deep breath, hold the breath for a few second and release it.

Exercise: Relax your muscles by squeezing them tightly then releasing them; do this a few times with your arm and leg muscles.

Visualization: Close your eyes and picturing the things you love can make you feel more relaxed.

Laughter: Laughter is good exercise for the facial muscles as it relaxes the facial muscles of the face. Laughter also creates a positive feeling in one's mind. Being silly a great mood booster.

Go Outdoors: Breathing in fresh air, seeing the blue sky, feeling the warm sun, and feeling the green grass can be very relaxing.

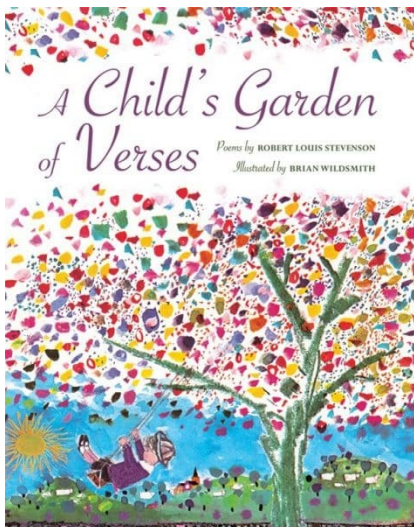
Some Relaxing Activities to Consider: Listening to music, reading a book, coloring, riding a bike, bouncing a ball, drawing, etc.

Community Resource

NYS Office of Addiction Services and Supports
(OASAS)
24/7 HOPEline for assistance with substance
abuse or gambling

Call: 1-877-846-7369

Text: HOPENY (467369)



Celebrate National Poetry Month by reading
poems together

