



# MENTAL HEALTH MEMO

## MAY 2024

Holley Elementary School



**May is Mental Health Awareness Month:** Mental Health Awareness Month has been observed in the U.S. since 1949. It is a national movement to raise awareness about mental health and to fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness.

**Children's Mental Health Awareness Week (May 5-11):** National Children's Mental Health Awareness Week shines a national spotlight on the importance of caring for every child's mental health and reinforces that positive mental health is essential to a child's healthy development.

**If you are concerned about your child's mental health, consult your PEDIATRICIAN**

### Project Positivity: **PURPOSE**

**What is "purpose"?** You have beliefs about the meaning of life and your life's purpose. You seek to be part of something greater than yourself. Having a clear sense of purpose in life, and a belief that you're connected to a larger meaning, gives individuals strength.

### Elementary Mental Health Team:

**Kristina Tese:** Counselor

**Holly Curtis:** Psychologist

**Michelle Palmer:** Social Worker

### Contact Information: 638-6318

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### Community Resource Spotlight

#### Holley Community Center

The Holley Community Center provides emergency food and clothing as well as family development/case management. The Holley Community Center also has a community kitchen and is a surplus distribution site.

**Phone Number: 585-638-6395**



## Mother's Day is this month on Sunday May 12th

Mother's Day is a wonderful way to take some time and celebrate Mothers and all that they do, but it is important to remember that children can celebrate **any** important caregiver or support person in their life to show some extra love to on this day. Here are some interesting facts about Mother's Day:

1. **US President Woodrow Wilson signed Mother's Day into law in 1914.**
2. **The holiday is celebrated every year on the second Sunday of the month of May.**
3. **More phone calls are made on Mother's Day than any other day of the year.**
4. **Mother's Day is the third highest selling holiday for flowers and plants.**
5. **Mother's Day is the busiest day of the year for restaurants.**
6. **The most popular gift for Mother's Day is the greeting card, store bought or handmade.**
7. **Mother's Day is celebrated all over the world.**
8. **The average Mom will have changed approximately 7,300 diapers by the time her baby reaches age two!**

## Family Crafting

### Bee and Ladybug Painted Rock

#### Supplies:

- Nicely shaped round stones that you can gather on a nature walk or purchase if you wish
- Red, white, and yellow acrylic paint
- Black permanent marker
- Mod Podge Acrylic Sealer
- Googly eyes (optional)
- Paintbrush



#### Directions:

- Wash and dry stones.
- Paint rocks in red (for ladybugs) and yellow (for bees).
- When dry use a black permanent marker to draw black stripes on yellow rocks to make bees and black head and dots to make ladybug.
- **Eyes:** may use googly eyes or paint them. I painted eyes in a 4 steps, each time allowing paint to dry: first make a bigger white circle, then a smaller blue circle inside, than smaller black circle in the blue one and finally white dot. I used top of the paintbrush to make circles and toothpick at the end for the dot.
- **Bee's wings:** dilute just a little bit of white paint with water, you want to get transparent white color and draw wings as two very long oval shapes.