



MENTAL HEALTH MEMO

OCTOBER 2023

Holley Elementary School

Red Ribbon Week

will be celebrating the week of:

October 23-October
31st.

Flyer with further details
will be emailed home.



Elementary Mental Health Team:

Kristina Tese: Counselor

Holly Curtis: Psychologist

Michelle Palmer: Social Worker

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Attendance Attendance Attendance

Attendance includes being present, coming to school on time, and staying until the end of the day. Why is it important?

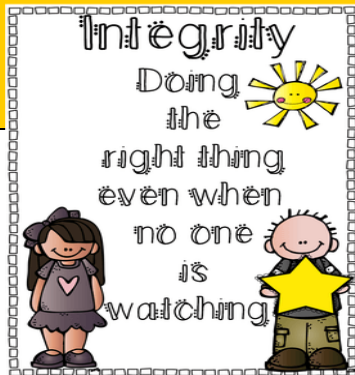
- **Academics:** If kids are not in school they miss crucial information and classroom instruction. This is especially important at the Elementary level as fundamental skills are being taught.
- **Socially:** School offers a unique environment to learn to socialize with others, make friends, follow directions and problem solve. Kids learn wonderful things from one another; this is jeopardized if there are chronic attendance issues.
- **Life Lessons:** It is never too early to instill the importance of being RESPONSIBLE. Maintaining good attendance is a great way to teach kids that they can be responsible. If a day of school is missed, teach your child to gather work that was missed and complete it in a timely manner so they are not farther behind.



Positivity Project: Integrity

Integrity means you are honest and speak the truth. You present yourself genuinely and sincerely.

Integrity is doing the right thing when nobody is watching. People with integrity practice what they preach and maintain a consistent pattern of behavior aligned with their values. They have the courage not to follow the crowd if it means going against their beliefs. Integrity is closely aligned with the terms of honesty and authenticity. People with integrity tell the truth and have alignment in their thoughts, feelings, and behaviors.



BUDGET-FRIENDLY *Fall Activity* CHECKLIST

- Go on a nature hike.
- Have a picnic.
- Go pick pumpkins.
- Carve Jack-o' lanterns.
- Visit an apple orchard.
- Make your own local fun.
- Create an outdoor obstacle course.
- Spend time around the fire pit.
- Tailgate from home.
- Make apple cobbler.
- Pop popcorn on the stove.
- Roast pumpkin seeds.
- Watch a favorite fall movie.
- Learn about money together.
- Roast marshmallows.
- Drink hot chocolate.
- Go for a Sunday drive.
- Camp out in your backyard.
- Enjoy some spooky science.
- Take up bird-watching.
- Jump into a pile of leaves.



Trick-or-Treating Safety Tips from the Red Cross

- Trick-or-treaters need to be seen. Have them carry a flashlight, and/or wear reflective tape.
- Always accompany your young children door to door. Be on the lookout for dogs not on leashes.
- Trick-or-treating is exciting, and it is hard for the little ones to not run-but walking is the safest way to prevent a fall, especially if it is dark.
- Only visit homes that have a porch light on. Accept the treats outside-NEVER go inside!
- Always walk on the sidewalks, not on the streets.
- An adult should check the goodies before anyone eats them. Make sure to remove candy with loose and/or open packaging/wrappers, discard any treats that are a brand that you are not familiar with.
- If you are giving treats to trick-or-treaters, keep your area well lit, keep dogs leashed or in the house, sweep leaves from the sidewalk/steps, and clear the path of anything that could be tripped over.

