

MENTAL HEALTH MEMO



FEBRUARY 2025

Holley Elementary School

Family Activity:

PLAY IN THE SNOW

- * Build A Snow Family or Snow Sculpture
- * Go Sledding
- * Build a Snow Fort or Igloo
- * Take a Hike in the Snowy woods
- * Paint the Snow with Food Dye/Water using a Spray Bottle



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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How much sleep is needed for your child to feel rested and be healthy?

Preschoolers (3-4 years):

11-13 hours of sleep per night.

Elementary School students (5-12 years):

9-12 hours of sleep per night.

Teenagers (13-18 years): 8-10 hours of sleep per night.

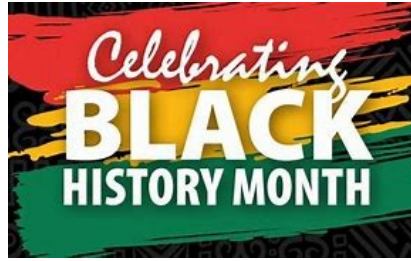
Community Resource

211 Lifeline

211Lifeline will help access services including housing, food, health care, mental health, or substance abuse

Call or text 211





Black History Month is a great time to reflect on what it means to be African American. It's important to teach all children about the struggles of racism, slavery, and segregation in order to build a more equal world. Here are a list of books that will help your child learn about the lives of Black people in America and around the world. These books also highlight people who experienced slavery, lived during the Civil Rights Movements, and modern famous black figures and inventors:

- Henry's Freedom Box: A True Story from the Underground Rail Road by Elle Levine
- This Jazz Man by Karen Ehrhardt
- The Other Side by Jaqueline Woodson
- Martin's Big Words: The Life of Dr. Martin Luther King, Jr. by Doreen Pappaort
- Moses: When Harriet Tubman Led her People to Freedom by Carole Boston Weatherford
- Teammates by peter Golenbock
- Who Was Rosa Parks by Yona Zeldis McDonough
- What Color is my World: The Lost History of African-American Inventors by Kareem Abdul-Jabbar and Raymond Obstfeld

Resource: www.famlyeducation.com

Easy to Make Backyard Bird Treats

We love making kid made bird feeder ornaments and bird treats for our backyard birds. Why not make hearts shaped ones for Valentine's Day or World Kindness Day, both celebrated in February!

What's Needed

- 2 Cups of colorful ring shaped cereal, like Fruit Loops or any other brand.
- 5-6 pipe cleaners
- Twine

Directions

1. Shape each pipe cleaner into a heart shape. The 2 ends will meet at the bottom of the heart, but don't twist them closed yet.
2. Put the cereals onto the heart pipe cleaners until they are tightly pressed together, and there is about a half inch pipe cleaner showing at the two open ends.
3. Twist the two open ends together so your heart is closed now.

