

MENTAL HEALTH MEMO

MAY/JUNE 2025



Holley Elementary School



Community Spotlight

Community Action (Holley Community Center)

75 Public Square

Holley, NY

The Community Action can help with the following:

- **Emergency Food and Clothing**
- **Family Development (Case Manager)**
- **Community Kitchen**
- **Surplus Food Distribution Site**

Contact: 585-638-6395

Elementary Mental Health Team:

Kristina Tese: Counselor

Holly Curtis: Psychologist

Michelle Palmer: Social Worker

Contact Information: 638-6318

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Mrs. Curtis: extension 2411

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Mrs. Palmer: extension 2558

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Children's Mental Health Awareness Week (May 4-10):

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, please consult with your pediatrician. Your child's pediatrician will be able to refer you to mental health resources in your community.

Mother's Day: May 11th

Father's Day: June 15th



Mother's Day and Father's Day a wonderful way to take some time and celebrate moms and dads 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.



Monthly Celebrations

MAY: Tourette's Awareness- Tourette syndrome (TS) is a neurological disorder that may cause sudden unwanted and uncontrolled rapid and repeated movements or vocal sounds called tics. TS is one of a group of disorders of the developing nervous system called tic disorders.

JUNE: PTSD Awareness -Posttraumatic stress disorder (PTSD) is a psychiatric condition that may occur in people who have experienced or witnessed a traumatic event or series of traumatic events. The individual often experience the event or events as emotionally or physically harmful or life-threatening. Examples include, but are not limited to, abuse (physical, sexual, emotional), natural disasters, serious accidents, terrorist acts, war/combat exposure, intimate partner violence, and medical illness.

End of the School Year Transition

Parents Magazine has some tips for families entering the end-of-school countdown, with a reminder that even good changes can be hard on kids.

1. **Stick to a schedule:** Even with all of the end-of-year events and activities, limit your family's activities to ensure your child is still getting enough sleep.
2. **Maintain friendships:** Your child may be nervous about losing touch with friends, especially if they are transitioning to a new classroom or school. If you can, get some dates on the calendar to reconnect with classmates or meet new children who may be in summer programs with your child.
3. **Watch your words:** Be thoughtful about when and how you mention the start of the next school year, and know that many kids don't have a good sense of how far away that is.
4. **Bridge school and summer:** Talk about what your child enjoyed most from the current year (writing, making art, particular sports?). Can you continue supporting those activities at home to connect the school year to your summer?

Resource: Parent Together



Ease End of School Year Stress

As the school year wraps up, many parents notice their kids feeling more anxious, overwhelmed, or exhausted more than usual. Below are some things that you can do to help relieve some of that stress as the school year comes to a close.

1. **Sticking to a schedule can help keep a sense of calm as your children prepare for other transitions down the road.**
2. **Staying active is important. This time of year, the weather is warming and the sun is staying out longer, so this is the perfect time to keep the mind and body busy to relieve stress.**
3. **Planning ahead for the summer can help children know what to expect and alleviate that stress. Take some time to talk with them about what their summer will look like.**
4. **May and June is a time for a lot of activities and gatherings you may feel that you are obligated to attend. During this time, remember that it is okay to say "no" to an event if it's going to add more stress to your life.**

Resource: Dayton's Children

Prevent Playground Mishaps

As the weather warms up, kids will be spending more time outside. Practice safe playground habits to prevent injuries. Choose a playground that is appropriate for your kids. Find a playground with equipment that suits their age, size and abilities. Kids can get thermal burns from playground equipment, so confirm that slides and swings aren't too hot before kids play. Kids should wear sturdy-soled sneakers over slippery flip-flops. Avoid clothing with strings, such as hoodies, which can get caught in equipment. Some playgrounds offer rubber or mulch on which kids can safely run, play and even fall. Avoid play grounds that have cement or asphalt.

<https://health.clevelandclinic.org/summer-safety-tips-for-kids>

The 5-4-3-2-1 Technique: This sensory-based practice is a way to reduce anxiety and return to the present moment. When your child is feeling anxious, your child think of or tell you:



5 things they can see

4 things they can feel

3 things they can hear

2 things they can smell

1 thing they can taste