



# The Home & School Connection



*a newsletter from your School Psychologist and Counselor*

*September 2019*

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## COMMUNITY RESOURCES/EVENTS

**Sept. 2:** 2019 Nevada Statewide Maternal and Child Health Coalition Symposium, Whitney Peak Hotel, 8am-4pm (FREE, RSVP on Eventbrite)

- Perinatal Mood & Anxiety Disorders, Andrea Thompson, APRN
- Substance Use in Pregnancy, Laura Oslund, Certified Prevention Specialist
- Birth Trauma/ Trauma Informed Care, Tiffany Hoffman, CPM
- Preconception Care & STIs, Rebecca Chavez, CNM
- Perinatal Grief & Loss, Kathryn Geiger, LCSW , MSW, CEDS
- Breastfeeding/Maternal Mental Health, Robin Hollen, IBCLC, APRN

**Sept. 7:** The Courage Project Mountain Top Yoga & Mindfulness Hiking for children ages 6-13 with anxiety and depression, Tahoe Institute of Natural Science (FREE, [www.courageproject.org](http://www.courageproject.org))

**Sept. 8:** The Courage Project Lakefront Yoga & Mindful Standup Paddling for children ages 6-13 with anxiety and depression, Waterman's Landing (FREE, [www.courageproject.org](http://www.courageproject.org))

**Sept. 14:** The Courage Project Mindful Rock Climbing for children ages 6-13 with anxiety and depression, NASTC Rock Climbing School, (FREE, [www.courageproject.org](http://www.courageproject.org))

**Sept. 18:** Youth Mental Health First Aid, Truckee-Tahoe Airport, 8:15am-5pm (FREE, RSVP on Eventbrite)

- Designed for those who want a basic understanding of teen mental health and how to provide initial support and resources to youth in need. It covers the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention & teaches how to help a teen in crisis or who is experiencing a mental health challenge.

**Sept. 20:** SibShop Hospital Tour of Renown, Renown Regional Medical Center, 4pm-5:30pm (FREE, RSVP on Eventbrite)

- Typically developed siblings of kids, age 8-13, who have a brother or sister with a developmental disability, special health care needs, or mental health concerns are

invited to have a great time getting to know each other while touring the hospital and discussing having a sibling with special needs.

### **TIPS & TRICKS: Homework, Organization, and Study Skills\***

At school, establish school-wide expectations and goals for homework, organization, and planning skills. Teachers should have specific goals for their classroom's homework completion, organization, and studying. Goals and expectations should be reviewed with students through a classroom discussion. Don't forget to communicate progress with parents!

At home, establish healthy homework habits. Ask the teacher how much time they expect homework to take each night and find out how the school communicates information about homework and tests. Don't be afraid to have family discussions about the process of completing homework, planning for tests, and managing time. Parents should establish clear expectations, guidelines and routines to support their students' healthy homework, organization, and study habits!

\*Copies of the monthly handout are available on our bulletin board (between our two offices). Stop by and grab a copy of *Homework, Organization, and Study Skills: Helping Handout*. There is one copy for home and one for school.

### **CONSCIOUS DISCIPLINE TOOL: Rituals**

Rituals provide opportunities to connect. Lesson rituals cultivate compassion which, in turn, motivates altruistic behavior. Rituals can be implemented at home and at school, below are some examples:

- I Love You Rituals: Use caring touch and songs to enhance attachment, bonding, and social skills. Edit nursery rhymes to reflect words of love and friendship. (YouTube: Conscious Discipline I love you rituals)
- Kindness Tree: honor kind and helpful acts children experience in the classroom or at home. Anyone can write the act on a paper leaf and place it on the Kindness Tree. Facilitate by celebrating the acts at the end of the day or week.
- Greetings: Create special greeting(s) between you and your students. Come up with a special handshake to greet each other in the mornings, during the day, and after school. (YouTube: Conscious Discipline Connections: Greetings)

### **SUGGESTIONS**

Looking for us to address a particular topic? Please place a note with your suggestion in the folder on our bulletin board.

*See you in October!*

*Coraline Dubois & Lauren Mattingly*