

# Roots of Resilience

Nurturing Wellness in Students & Families

April 2024



## APRIL IS THE MONTH OF THE MILITARY CHILD

In 1986, Caspar Weinberger established this recognition as a reminder that military children play a vital role in the strength of military families. On April 17th, everyone is invited to "Purple Up!" by wearing the color purple (a color symbolizing all branches of the military) as a visible way to show support and gratitude for military children.



**National Library Week** is an annual celebration highlighting the valuable role libraries, librarians, and library workers play in transforming lives and strengthening our communities.

During National Library Week, take time out to stop by your school's media center to recognize your dedicated media/library center staff and maybe just CHECK out a book!

## 5 Ways to Prepare for the End of the School Year

Since April marks the beginning of the Fourth Nine Weeks, many of us may be preparing for the last few weeks of school. The following 5 tips may help your family through the potential chaos during the last two months of school. Take a deep breath and focus on keeping yourself and your family organized and excited for summer. \*Brought to you by the [American School Counselor Association](#).

- **Manage Spring Fever**
  - As school winds down, end-of-the-year events may clog the calendar. Making sure your kids finish with their best effort — when their efforts are required in many different areas — can be challenging.
- **Stick with the routine**
  - Try your best to stick with your child's regular after-school routine. Set homework rules and check to make sure your child is still meeting deadlines.
- **Address stress**
  - If your child is showing symptoms of end-of-year stress — not eating or sleeping well or being irritable — you may want to talk to him/her about ways to handle the pressure of juggling too many balls.
- **Plan Your Child Care or Find a Summer Camp**
  - Begin lining up a babysitter if needed.
    - Ask questions or share tips and strategies with other parents.
  - Summer camp is a great way for children to spend their school vacation.
    - Do some research to choose which camp is right for your child.
- **Manage Expectations and Changes**
  - Your child may be facing big changes next school year and could already be feeling anxious about the school transition. Stay tuned in to your child and be ready to step in and offer support as needed.

## THIS MONTH

Month of Military Child  
National Library Week  
End of the School Year Tips (Part 1)  
Hazel Health  
Attitudes and *Habitudes*  
Autism Acceptance Month  
Toolkit Spotlight



**ACPS is pleased to announce Hazel Health counseling services are open to all FAMILIES.**

Hazel Health offers teletherapy services for students at school and home by licensed therapists.

This service is being offered at NO COST to families.

- Scheduling is done at the convenience of the student and their family
- Virtual one-on-one therapy will be available for any K-12 student of the Alachua County Public Schools system.

If you believe your student could benefit, please visit <https://my.hazel.co/alachua> to sign up!

**Services will continue to be available through the summer!**

## DATES TO REMEMBER

- **April 4th:** Report cards available in Family Access
- **April 25th, 6-7PM:** Parent Guidance webinar



**Parent Guidance Mental Health Series**

Topic: *Building Your Child's Confidence*

# Attitudes and Habitudes

## Habitude of the Month: **Social Engagement & Stress Management**

*Promotes relationship skills, influence, and self & stress-management*

Each month, ACPS Middle and High School students participate in Resiliency Education: Civic and Character Education and Life Skills Education as part of Florida's Required Instruction. While the individual lessons vary between secondary institutions, they share thematic topics.

### Middle School: **Ripple Effect**

- Cultures emerge from life-changing environments. Environments emerge from small communities that foster discovery and self-disclosure. Create communities and environments, and culture follows.

### High School: **The Starving Baker**

- Like the baker who spends so much time baking bread for others, we can often forget to eat ourselves. For personal growth to occur, we must feed ourselves.

## Autism Awareness

April is Autism Awareness Month, and April 2nd is World Autism Awareness Day. This month, we highlight the beauty of neurodiversity while fostering inclusivity within educational settings. Over time, neurodiversity has evolved to include the varied ways in which a population of people perceive the world around them; this includes, but is not limited to, individuals with Autism.

As a parent, family member, friend, or none of the above, there are many ways to support students with Autism.

### 2 Simple Strategies:

- **Knowledge:** Learn more about Autism.
- **Acceptance:** Express unconditional love and acceptance

## TOOLKIT SPOTLIGHT: EATING BREAKFAST!

In a recent article in the Wall Street Journal, new research shows a link between eating ultra-processed foods (chips, some cereals, many pre-packaged snacks, etc.) and changes in how we learn, remember, and feel—and not in a positive manner (Petersen, 2024).



During the testing season, eating a healthy breakfast can help students prepare for the challenges ahead. For decades, research has shown that eating breakfast improves cognitive functions such as memory, learning, attention, and decision-making. Taking it one step further, students who eat closer to test-taking time perform even better!

An apple a day may not keep the doctor away, but eating a healthy breakfast prepares your student for success!

\*Petersen, A. 2024. "The New Science on What Ultra-Processed Food Does to Your Brain." *The Wall Street Journal*. <https://www.wsj.com/health/wellness/ultra-processed-food-brain-health-7a3f9827>

## Habitudes Lessons Continued: Community Service/National Volunteer Month

Educational (standards) have changed quite a bit over the years. Currently, the Florida Department of Education requires 5 hours of resiliency and character education, including the importance of volunteerism, each year for students in grades 6 - 12.

April is a month that encourages both recognition of volunteer efforts as well as encouraging volunteerism.

Volunteering is an excellent way for students to get involved with the community and earn community service hours if required.

### Mental Health:

- Florida Suicide Prevention Hotline
  - [800-273-8255](tel:800-273-8255) **OR**
  - Dial 988
- Alachua County Crisis Center
  - [352-264-6789](tel:352-264-6789)
- Meridian Behavioral Health
  - [352-374-5600](tel:352-374-5600)
- Hazel Health - A teletherapy option.
  - [my.hazel.co/alachua](http://my.hazel.co/alachua)

### Substance Use:

- Alcohol & Drug Addiction Hotline
  - Call or text 988 **OR**
  - [850-487-2920](tel:850-487-2920)
- Meridian-In-Patient Detox
  - [352-374-5600](tel:352-374-5600)
- UF Vista- In-Patient Detox
  - [352-265-5481](tel:352-265-5481)

### Parent Coaching & Support:

- [Parentguidance.org](http://Parentguidance.org)