

# Roots of Resilience

Nurturing Wellness in Students & Families



December 2024

## *Walking in a Winter Wonderland...*

*Not in Florida!*

Here in Florida, some of us may dream of throwing snowballs and building snowmen, but our reality is more tropical in nature. Think: sunshine, palm trees, and a warm breeze.

Getting outside and enjoying some fresh air can be a great, healthy way to boost the body's Vitamin D (which plays a role in healthy bone development). This can be a great way to practice self-care and wellness - especially during the Winter Break.

### **Why should I practice self-care and wellness over the break?**

During the winter break, students may face disruptions in their school-life routines. For some, this period can lead to feelings of stress, anxiety, or depression.

### **How else can I practice self-care and wellness over the break?**

- Surround yourself with people who uplift and inspire you, and try to distance yourself from those who may have a negative impact.
- Engage in creative activities like painting, drawing, singing, playing music, dancing, crafting, or building to express yourself.
- Prioritize sleep by catching up on rest and establishing healthy sleep habits.
- Stay physically active to stimulate feel-good hormones and enhance your mood.

Mental health mindfulness during Winter Break. Inside UCR. (2019, December 10). <https://insideucr.ucr.edu/scotmemos/2019/12/09/mental-health-mindfulness-during-winter-break>



## **DID YOU KNOW THAT...**

### **...DECEMBER 2ND IS NATIONAL SPECIAL EDUCATION DAY**

National Special Education Day, observed annually on December 2nd, marks the signing of the Individuals with Disabilities Education Act (IDEA) by President Gerald Ford on December 2, 1975. This landmark legislation ensures that states receiving federal funding provide equal educational opportunities for children with disabilities.

### **...DECEMBER 3RD IS INTERNATIONAL DAY OF PERSONS WITH DISABILITIES**

#### **What does it mean to be a person with a disability?**

The term "persons with disabilities" encompasses individuals with long-term physical, mental, intellectual, or sensory impairments. These impairments, when combined with various attitudinal and environmental barriers, can limit their full and equal participation in society. It's important to recognize that a person with disabilities might be considered as such in one society or setting but not in another, depending on the role they are perceived to play within their community. The understanding and experience of disability are also influenced by the availability of technologies, assistance, and services, as well as cultural factors.

United Nations. (n.d.). Frequently asked questions (faqs) | division for inclusive social development (DISD). United Nations. <https://social.desa.un.org/issues/disability/frequently-asked-questions-faqs>

## **THIS MONTH**

Walking in a Winter Wonderland

Special Education Day

International Day of Persons with Disabilities

National Grief Awareness Week

Beyond the Bell

Habitudes

Myth Busters!

Resources



## **HAZEL HEALTH**

Hazel Health is continuing to offer teletherapy services for students during the 2024-2025 school year!

This service is being offered at NO COST to families.

**For parents requesting counseling for their child, please visit :  
<https://my.hazel.co/alachua> to sign up!**

**OR**

Scan the QR code to learn more!



## **DATES TO REMEMBER**

**December 18th** - Early Release Day for applicable schools

**December 20th** - School IN SESSION

**December 23rd-January 3rd** - Winter Break!

**January 6th** - School IN SESSION

## **Parent Guidance Mental Health Series**



Scan the QR code to see all of the available virtual events in November!

Or you may visit <https://parentguidance.org/mhsindex>

## Habitudes



### December's Education:

#### EMPATHY

Empathy is the concept of understanding others' thoughts, feelings, and actions.

### Character Pillar of the Month (Elementary School)

### December's Character Pillar:

#### EMPATHY!

Students will learn that empathy is the ability to emotionally understand what other people feel, see things from their point of view, and imagine themselves in someone else's place.



### National Grief Awareness Week - December 2-8, 2024

National Grief Awareness Week is a meaningful observance dedicated to increasing awareness about grief, supporting those who are grieving, and promoting a deeper understanding of the grieving process. It recognizes grief as a natural response to loss and seeks to break the stigma surrounding this deeply personal experience.

Participating in National Grief Awareness Week offers a valuable opportunity to support grieving individuals and help dismantle the barriers associated with grief. Here are some ways to get involved:

- Share Personal Stories: Sharing your own experiences can help others feel less alone on their grief journey.
- Attend Grief Support Events: Seek out local or online events, workshops, or seminars focused on grief support. These gatherings provide helpful information and a sense of community for those in need.
- Offer a Listening Ear: Sometimes the best way to support someone grieving is to listen without judgment, offering empathy and understanding.
- Spread Awareness: Use social media and other platforms to share resources, facts about grief, and information about National Grief Awareness Week.
- Support Grief Organizations: Donate to or volunteer with organizations that assist individuals in coping with grief and loss.

By engaging in these activities, you can help create a more compassionate and supportive environment for those navigating the challenges of grief.

National grief awareness week 2024 - Awareness Days events calendar 2024. Awareness Days. (2024, January 17). <https://www.awarenessdays.com/awareness-days-calendar/national-grief-awareness-week-2024/>



## MYTH BUSTERS!

### Dispelling Resilience and Mental Health Myths

**MYTH: Always being willing to try "just one more time" is the meaning of resilience.**

While "trying just one more time" can be an important characteristic of determination, it's not necessarily a characteristic of resilience. Trying one more time can actually be related to holding on so firmly to both a hope and an expectation that it leads to an unwillingness to try something a different word. In other words, it may *impede* moving forward.

Recognizing that you may need to try alternate ways of reaching your goal can be an indicator of resilience.



Resilience: Myths and truths. The Happiness Doctor. (2020, June 12). <https://www.thehappinessdoctor.com/blog/resilience-myths-and-truths>

### Why is *Habitudes* being taught?

Pursuant to 6A-1.094124, F.A.C. and § 1003.42 Fla. Stat. (2024), students in grades 6-12 are required to receive a minimum of 5-hours of data-driven instruction related to civic and character education and life skills education through resiliency education using the health education standards adopted in Rule 6A-1.09401, F.A.C.

*Habitudes* is a curriculum adopted by our district that provides instruction on *healthy characteristics that reinforce positive core values and foster resiliency* such as perseverance, grit, self-awareness and self-management, etc.



### BEYOND THE BELL

This program offers virtual after school counseling focused on managing stress, navigating everyday challenges, and academic advising. Please visit the website for additional information.



[www.sbac.edu/beyondthebell](http://www.sbac.edu/beyondthebell)



### Resources

#### Mental Health:

- Florida Suicide Prevention Hotline
  - 800-273-8255 **OR**
  - Dial 988
- Alachua County Crisis Center
  - 352-264-6789
- Meridian Behavioral Health
  - 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
- Meridian-In-Patient Detox
  - 352-374-5600
- UF Vista- In-Patient Detox
  - 352-265-5481

#### Parent Coaching & Support:

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