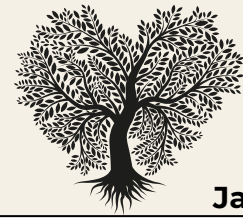


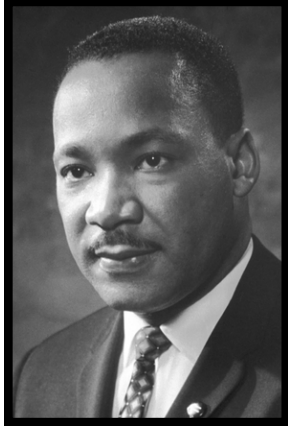
# Roots of Resilience

Nurturing Wellness in Students & Families



January 2025

## January 20th: Not Just a Day Off From School



Nationally observed since 1986, the 3rd Monday in January is recognized as a federal holiday in honor of the late Martin Luther King, Jr. This year, that day happens to fall upon Monday, January 20th, 2025.

As a recipient of the Nobel Peace Prize in 1964, Dr. King was known for championing the principles of equality, dignity, and nonviolence.

Today, Dr. King's work continues to inspire movements worldwide, focusing on the power of love, unity, and peaceful action.



## National Mentoring Month

Synonymous with “adviser”, “coach”, “guide”, “instructor”, and so on, dictionary.com defines a **mentor** as both a wise and trusted counselor/teacher and an influential senior sponsor/supporter. Simply put, these individuals are caring adults who foster relationships with young people, providing guidance, support, and encouragement to promote their positive and healthy growth.



National Mentoring Month is about raising awareness of mentoring as well as its various forms. It aims to recruit individuals (and organizations) as mentors, especially into programs with long waiting lists of young people.

### What does a mentor help a young person with?

A mentor may help with...

- *Setting academic/career goals as well as the steps needed to achieve them*
- *Encouraging healthy choices such as nutrition, exercise, social activities, etc.*
- *Processing information and thinking through problems at home and/or school*

Would you like to learn more about being a mentor? Take a look at this site for more information: <https://www.mentoring.org/take-action/become-a-mentor/>

Do you think your student could benefit from having a mentor? Take a look at this site for more information: <https://www.mentoring.org/take-action/find-a-mentor/>

National Mentoring Month/MENTOR. (n.d.) Mentoring.org. Retrieved January 9, 2025, from <http://www.mentoring.org/campaigns/national-mentoring-month/>

## THIS MONTH

January 20th, MLK, Jr.

National Mentoring Month

Educational Resolutions

Beyond the Bell

Habitudes

Myth Busters!

Resources



## HAZEL HEALTH

Hazel Health continues 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

**January 6th** - Back to School

**January 17th** - Student Holiday

**January 20th** - Holiday - MLK, Jr.

## Parent Guidance Mental Health Series



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

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

## Habitudes



### January's Education: **HONESTY & SELF-AWARENESS**

A healthy student takes time to identify their thoughts and emotions that lead to good actions.

## Character Pillar of the Month (Elementary School)

### January's Character Pillar: **HONESTY**

Students will learn that honesty means being truthful in what we say and do.

## My New Year's Educational Resolutions

**A New Year's resolution is a personal goal that is made at the beginning of a new calendar year, often to improve oneself, change a habit, or achieve a specific objective. The idea is to begin the year with a fresh mindset. Usually, these resolutions focus on health/fitness, personal growth, relationships, etc.**

### But how many of us make educational resolutions?

**Let's start this new calendar year and new academic semester off with a few simple educational resolutions to assist with changing our mindset in order to obtain new educational results!**

**Here are a few simple tips to get you started:**

- **Strive for better grades by setting specific goals and studying regularly.**
- **Improve time management skills by creating a schedule and setting priorities.**
- **Manage stress and practice self-care by finding healthy ways to relax and unwind.**
- **Get involved on your school campus by joining clubs, organizations, or sports teams.**

## MYTH BUSTERS!

### Dispelling Resilience and Mental Health Myths

**MYTH: Only those with a mental health condition need to take care of their mental well-being.**

The fact of the matter is **EVERYONE** can benefit from taking steps to actively maintain or improve one's own mental *or* physical health! The key to success lies in creating and engaging in healthy habits as well as prioritizing the things that contribute to our overall well-being.

Keep in mind that different things work for different people; it's important to figure out what works for each individual.

Not sure where to start? Here are a few suggestions:

- Drink water regularly.
- Do something you enjoy.
- Spend time outdoors in nature - or bring the outdoors inside (with potted plants)!
- Enhance your sleep by creating a consistent routine and relaxing before bedtime.

Busted: 7 myths about mental health | UNICEF Parenting. (n.d.). UNICEF. Retrieved January 9, 2025, from <https://www.unicef.org/parenting/health/busted-7-myths-about-mental-health>

Wellbeing. (n.d.). Mind. Retrieved January 9, 2025, from <https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/>

## 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)