

Roots of Resilience

Nurturing Wellness in Students & Families



November 2024

VETERANS DAY

Military Family Appreciation Month

Originally named "Armistice Day" in America in 1926, Veterans Day was first celebrated in 1947 and marked by local parades and ceremonies.

Celebrating Veterans Day (and Military Family Appreciate Month) is an opportunity to celebrate and recognize those who have served our country (and their families). Here are some ways you can celebrate Veterans Day this year:

- Attend parades and ceremonies
- Visit Veterans memorials
- Volunteer with organizations such as the VA
- Donate to charities supporting Veterans and their families
- Display the US flag

VETERAN SPOTLIGHT: MARTY ANDERSON, STUDENT SERVICES

Deployment location:

Kuwait

Time spent overseas:

2 months

Most difficult aspect:

Being away from family

Resiliency Factor:

Working with a great group of people alleviated stress and helped me to feel supported.

Veterans Day. U.S. Department of Veterans Affairs. (2024, October 12). <https://department.va.gov/veterans-day/>

HOLIDAYS & STRESS MANAGEMENT

Managing Your Mental-Wellness During the Holidays

If managing your mental health during the holiday season feels challenging due to parties, gift shopping, or preparing big meals for loved ones, try these tips to make the season more enjoyable. Here are 10 ways to navigate the holidays while taking care of your mental well-being safely and effectively.

- Remember what truly matters
- Learn to accept imperfection and set aside your expectations
- Show kindness to others
- Think of smaller, more manageable resolutions
- Take some time for yourself
- Know your limits: Stay within budget
- Tune into your feelings
- Don't be afraid to ask for help
- Sleep! Eat! Exercise!
- Practice relaxation

Advanced Psychiatry Associates. (2024, August 7). Tips for managing your mental illness during the holidays: Psychiatrists in California. <https://advancedpsychiatryassociates.com/resources/blog/managing-mental-illness-during-holidays>

SAFE PLACE

"For Youth...Someplace To Go. Someone To Help."

November is a month full of recognizing importance events. Perhaps a less commonly recognized awareness event is *National Runaway Prevention Month*. Its purpose is To increase understanding of the challenges faced by runaway and homeless youth and to emphasize the resources available to support them.

One specific resource is a community program known as **Safe Place**. Safe Place is a nationwide outreach and prevention program aimed at helping young people under 18 who need immediate assistance and safety. This community-based initiative partners with businesses and organizations, designating them as Safe Place locations to provide easy access to support for youth across the country. Safe Place sites include libraries, YMCAs, fire stations, public buses, businesses, and social service facilities.

What is safe place?. National Safe Place Network. (n.d.). <https://www.nationalsafeplace.org/what-is-safe-place>

THIS MONTH

Veterans Day

Holidays & Stress Management

Safe Place

World Kindness Day

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

Nov. 11 - Veterans Day (holiday, no school)

Nov. 20 - Early release Wednesday for designated schools

Nov. 21 - Interim Reports available in Family Access

Nov. 25-29 - Thanksgiving Break!

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



November's Education: **CITIZENSHIP & MENTORSHIP**

Citizen and Mentorship entail helping our neighbors, community, and nation, as well as giving or asking for support, guidance, training or expertise.

Character Pillar of the Month (Elementary School)

November's Character Pillar: **CITIZENSHIP!**

Students will learn about helping their neighbors, community, and nation. They will develop a sense of pride in accomplishments and awareness of challenges. Students will gain an understanding of their civic responsibility and how values inform decisions.

World Kindness Day Citizenship at its finest!

World Kindness Day is set to be celebrated globally on November 13, 2024. Established in 1998 by the World Kindness Movement, this day provides a chance to spotlight acts of kindness within communities and celebrate the universal spirit of goodwill.

Check out these ways to help others in your community!

- Donate to your local food pantry
- If you're able, donate blood
- Volunteer!
- Be a good neighbor - check on those around you
- Support local businesses and schools
- Provide support and encouragement for health workers and first responders
- Take care of yourself and others



10 ways to help others in your community. Save the Children. (n.d.). <https://www.savethechildren.org/us/charity-stories/tips-helping-support-local-community>

MYTH BUSTERS!

Dispelling Resilience and Mental Health Myths

MYTH: Resilient kids are able to figure out everything on their own.

As kids develop their capacity to be resilient, they need help along the way. Often times, that help comes from at least one supportive adult who is able to provide a safe, stable, and nurturing relationship. This adult may be a parent, guardian, other family member, coach, teacher, etc.

Helping kids doesn't come in the form of grown-ups standing back or shielding kids from all of the hard things; they also don't try to fix things for the kids. Rather, they prepare kids for the roller coaster of life and help teach them ways of coping with life's stressors.

Bottom line: Kids AND grown-ups both need to know that asking for help isn't a sign of weakness; it takes strength and courage to ask for help and builds resilience along the way.



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

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

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