

Roots of Resilience

Nurturing Wellness in Students & Families



October 2024

RED RIBBON WEEK OCTOBER 23-31, 2024

As a parent, you might wonder what exactly happens during Red Ribbon Week at your child's school and how you can support the cause.

How Parents Can Get Involved:



- **Participate in Theme Days and/or events at your child's school:** This is a simple way to show support.
- **Open Communication/Dialogue:** Use this week as an opportunity to initiate or continue conversations about drugs with your children. Ask them what they've learned and share your perspective.
- **Reinforce the Message at Home:** Your child's Red Ribbon school projects should be proudly displayed at home.
- **Volunteer:** Volunteer to help organize events or simply be present to supervise at your child's school.
- **Educate Yourself:** Stay informed about the latest drug trends and prevention methods to be able to answer any question your child may have!
- **Host or Attend Parent Workshops:** Knowledge is power. Collaborating with other parents and school staff to discuss drug prevention strategies.

In conclusion, Red Ribbon Week is not just a school event but a community-wide initiative. By understanding the activities and actively participating, parents can play a vital role in reinforcing the anti-drug message, ensuring that children grow up in environments that foster informed decision-making and healthy lifestyles.

Informed Families: The Florida Family Partnership. (2023, October 21). How schools are celebrating Red Ribbon Week: What parents should know. Informed Families Catalyst. <https://www.informedfamilies.org/catalyst/redribbonweekinschools23>

October is National Bullying Awareness Month

BULLYING FACTS

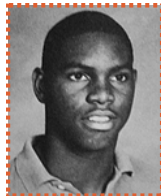
What you need to know

- Bullying directly affects students' ability to learn
- Bullying is not a "rite of passage" but a serious threat to student safety and well-being
- Anyone can bully, and anyone can be bullied.
- Bullying isn't about resolving conflict; bullying is about control
- Cyberbullying is bullying!
- Bystanders can be powerful allies

PACER's National Bullying Prevention Center. (2023, November 9). Bullying facts. PACER Center - Champions for Children with Disabilities. <https://www.pacer.org/bullying/info/facts.asp>

Why Do We Wear ORANGE??

In a nod to Bullying Prevention, Unity Day, and *America's Safe Schools Week* (Oct. 16-20, 2024), we wear orange to honor Alex Freeman Orange.



In April 1989, 17-year old Alex Orange, a linebacker on his school's football team, attended an off-campus event called "Stop the Violence Jam". When an armed rival high school group showed up, Alex stepped forward to inform the group that violence had no place at the function. Sadly, Alex was fatally struck in the chest after shots were fired.

Weart, G. (2024, March 7). Honoring the legacy of Alex Orange. Sandy Hook Promise. <https://www.sandyhookpromise.org/blog/honoring-the-legacy-of-alex-orange/>

Unity Day • Wednesday, October 16, 2024

WEAR and SHARE ORANGE to come together in one giant message uniting our nation for kindness, acceptance and inclusion, and even the world, to visibly show that we believe no child should ever experience bullying.



THIS MONTH

Red Ribbon Week

October is National Bullying Awareness Month

Why Do We Wear Orange?

Unity Day is October 16th

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

- Oct. 18** Holiday - UF Homecoming
- Oct. 21** Student Holiday
- Oct. 24** Report Cards available

Parent Guidance Mental Health Series



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

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

Habitudes

October's Education:

RESPONSIBILITY



Leaders must develop the skills to deal with situations, make good decisions, and hold themselves accountable. This is *responsibility*. Leaders also have the responsibility to continue growing, often learning additional lessons in patience and resilience along the way.

Character Pillar of the Month (Elementary School)

October's Character Pillar:

RESPONSIBILITY!

Students will learn about taking ownership of their actions and their consequences, using good judgement, and practicing self-control.

5 Ways to Help Your Kids Have a Healthy School Year

For students attending 10-month schools, more than 7 weeks of the school year have already passed! To help the school year continue in a healthy fashion, take a look at the following ways you can help your child(ren) from [healthychildren.org](https://www.healthychildren.org):

1. *Make the basics a priority – **SLEEP! EXERCISE! NUTRITION!***
2. *Stay on top of check-ups and immunizations*
3. *Pay attention to the mental health and wellness of your child(ren)*
4. *Have conversations about racism, bullying, and kindness*
5. *Be aware and mindful of media use by your child(ren)*

American Academy of Pediatrics Council on School Health. (2022, August 31). 5 ways to help your kids have a healthy school year. [HealthChildren.org. https://www.healthychildren.org/English/ages-stages/teen/school/Pages/back-to-school-tips-to-help-kids-have-a-healthy-year.aspx](https://www.healthychildren.org/English/ages-stages/teen/school/Pages/back-to-school-tips-to-help-kids-have-a-healthy-year.aspx)

MYTH BUSTERS!

Dispelling Resilience and Mental Health Myths

MYTH: RESILIENCE IS AN INNATE TRAIT.

Resilience is NOT an innate trait, nor is it a resource that can be used up. Resilience can be built up!

That's great! But how can one build up Resilience?

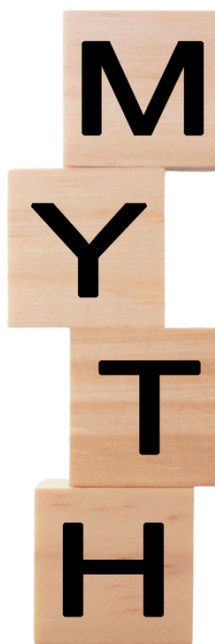
The American Psychological Association lists several ways to build up resilience:

- Build your connections.
 - Make relationships a priority.
 - Look for groups to join - local organizations, faith-based groups, etc.
- Foster wellness.
 - Self-care
 - Mindfulness - yoga, journaling, etc.
 - Avoid negativity
- Find purpose.
 - Volunteer or help others
 - Be proactive - take initiative
 - Set realistic goals and move toward them
 - Look for personal-growth opportunities
- Embrace happy thoughts
 - View things in perspective - identify irrational thoughts
 - Understand that change is a part of life
 - Remain optimistic
 - Learn from your past.

If you encounter trouble in this process, don't be afraid to reach out for help!

Walsh, B. (2015, March 23). The Science of Resilience. Harvard Graduate School of Education. <https://www.gse.harvard.edu/ideas/usable-knowledge/15/03/science-resilience>

American Psychological Association. (2012, January 1). Building your resilience. <https://www.apa.org/topics/resilience/building-your-resilience>



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