

News From Your School Psychologist

Issue No. 10

Topic: Summer Send-Off

June 2023



School is out for the summer! This issue will discuss ways to keep your mind safe, healthy, happy and relaxed over summer break.

Summer Send Off

Summer Safety is Self-Care!

With summer break, comes some freedom. However, you need to be sure that safety is a priority in whatever activity you take on. Being cognizant of our well-being ensures a healthy and happy, body and mind. Check out some summer safety tips below.

Summer Safety Tips

- Stick to the shade or wear sunscreen.
- Wear sunglasses for UV protection.
- Reapply sunscreen every 1-2 hours.
- Don't get bugged! Wear insect repellent with at least 20% DEET.
- Cars become hot! Make sure your windows are down if you are waiting in the car.
- Only swim where lifeguards are positioned.
- Make sure parent(s)/guardian(s) know where you are or are headed.
- Practice online safety!

Summer Self-Care Ideas

Don't let the lack of routine bring you down! Check out some ways below to keep your mind and body active and healthy this summer.

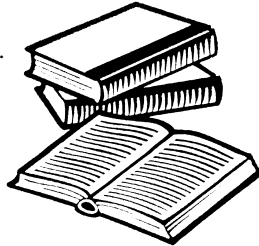
- Ditch the couch and relax outdoors.
- Take a walk.
- Start a garden or join a community garden.
- Make a summer feel-good playlist.
- Have a picnic with family and friends.
- Try something new!
- Get active in your community or volunteer your time.
- Start or continue a journal.
- Eat fresh fruits and veggies.
- Practice mindfulness.
- Relax in the pool!

Summer Send Off

Fun Summer Learning Resources for Students

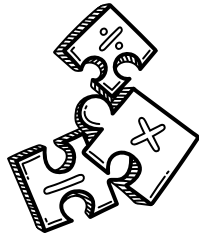
Reading:

- **Barnes and Nobel**
 - Download and print a free reading journal.
- **Audible**
 - Books read to the student - for all ages.
- **Your public library**
- **Scholastic Summer Reading**
- **Amazon Summer reading challenge**



Math:

- **Nearpod**
 - Math lessons for all grades and subjects
- **Fun hands-on math activities**
 - <https://blog.mindresearch.org/blog/summer-math-activities-for-kids>
- **Online Math Practice Program**
 - Khan Academy (K-12)
 - IXL (K-12)
 - MathPlayGround.com



How Can I Help As A Parent?

- Help your child put together a list of books they'd like to read.
- Create reading routines so children have. built-in opportunity to read everyday.
- Play an Audible book before bed.
- When it comes to screen time, use devices sparingly or utilize educational apps and programs to build literacy, science, technology, and stem skills/abilities.
- Sign your child up for summer camps to increase socialization and learning.



Summer Counseling with Mrs. Huff

Just because school is out for the summer, does not mean out mental health should take a holiday as well. Mrs. Huff will be offering counseling services over the summer. Please reach out to Mrs. Huff if you are interested at:

email: hufft@weatherlysd.org or **phone:** 570-427-8687 ext. 4102



Apps to Develop A Healthy Mindset



MindShift

MindShift app is based on to help young adults cope with anxiety, by acting as a portable coach that guides users through challenging situations.



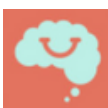
Headspace

Guided Meditations and Mindfulness takes a calm, relaxed approach to bringing calm relaxation into the lives of adults and kids. Headspace app, aims to keep children "calm and focused" through short meditation exercises.



Calm

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.



Smiling Mind

Smiling Mind is designed to help people pressure, stress, and challenges of daily life.

Minute of Mindfulness

Take a few minutes to breathe while you color and focus on the present.



Recap of May - Mental Health Awareness Month

Social Emotional Lesson with Finn & Mrs. Huff

Mrs. Huff and Finn provided classroom lessons to discuss self-control and self-regulation, which taught students how to control their emotions and behaviors, and handle situations where these skills are challenged.



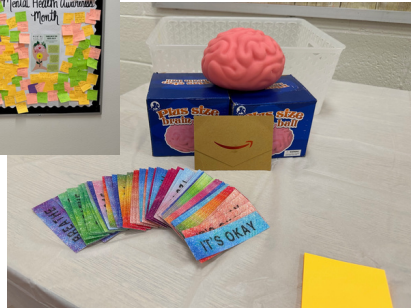
Classroom Guidance Lessons with Miss. Synoski

Miss. Synoski provided classroom lessons to our students on the topic of mental health and well-being. Students made mental health books to learn more about it and identify their own coping skills.



Mental Health Awareness At Lunch

Elementary, Middle, and High School students had the opportunity to learn about mental health awareness month during their lunch periods on May 17, 2023. A visit to the table included an interactive activities, raffles, and resources on supporting a healthy mind and body.

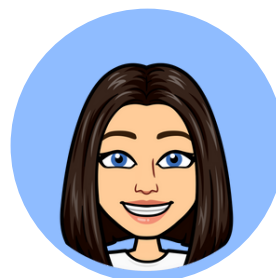


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