Tis The Season...

For many people, this time of the year is filled with joy, wonder, and gratitude. Unfortunately, not everyone finds this time of year as enchanting as others. Behind closed doors you will find many individuals and families struggling to get through the holiday season. Perhaps a family member was lost this past year and this is the first holiday they are celebrating without them. Families may be struggling with recent changes including separation or divorce. Maybe your next door neighbor is a single parent working two jobs to provide for their children and doesn't have enough money to buy gifts for their kids. Some families don't celebrate any holidays at all.

Aside from the holiday season, winter is the hardest time of year for our mental health. Shorter days and challenging weather can lead to increased symptoms of poor mental health and overall negative changes in mood.

In order to provide some relief this winter season, please see the resources below:
What's going on in Elementary School this month?

- Biweekly classroom lessons grades 1-5. All Elementary lessons will be focused on Bullying Prevention & Intervention.

- 5th grade parents, keep an eye out for Home Links to come home with your students to reinforce their learning about Bullying Prevention!

What's going on in Middle School this month?

- 6th grade will be learning about Time Management and other Academic Skills
- 7th and 8th grade will be learning about Personal Legacy.

Quote of the Month

"There are two ways of spreading light: to be the candle or the mirror that reflects it."

Edith Wharton

Resources

Opportunities to Give or Get Help during the holidays.

Helping Kids Cope with the Holiday Blues

Tips for Helping Your Child Cope with Holiday Stress

Self-care: Help yourself cope with Holiday Stress

A Compilation of Articles on Holiday Mental Health

*The color themes in this newsletter are meant to reflect:
Christmas - red, green, white
Kwanza - red, green, black
Hanukkah - blue, white/silver