

# Black River Student Support

NEWSLETTER  
SEPTEMBER 10, 2021

## Hello!

Thank you for reading the first edition of the Student Support Newsletter!

Each month, we hope to share resources and local agencies, activities you can utilize at home, as well as raise awareness about the social, emotional and mental health of our students. As our students continue to navigate their daily life in the middle of these extremely challenging times, their mental wellbeing has never been more important. We have four staff members on hand to help address these areas. If at any time you have a question or concern, please do not hesitate to reach out. All contact information can be found at the bottom of this newsletter. We are here to support our students/families in any way that we can. Often, this starts with a simple phone call or email from parents/guardians letting us know what is going on. We look forward to supporting you and your students this school year!



## Social Emotional Learning

We are excited to be offering widespread social emotional learning opportunities to our students this year. Through regular lessons, our students will work to increase self-awareness and resiliency, understand their emotions and how to manage them, as well as increasing empathy. These skills will help students both in and out of the classroom.

In grades 6-12, our students will be completing lessons during their CAP class on the Naviance platform.

Naviance is also used for college and career planning. We are excited to add their SEL lessons and make it a one stop shop for our students.

In grades 1st-5th, Karen Scranton will be teaching SEL lessons twice a month. Look for more information about the specific topics of these lessons in the teacher newsletter that you receive for your child.

## Checking in with your Student

Try these tips from Big Life Journal to facilitate a conversation that goes beyond one word answers:

WHAT TO ASK KIDS INSTEAD OF "HOW WAS YOUR DAY?"		
<b>Instead of:</b> How was your day?	<b>Try this:</b> → <b>What's one thing that made you laugh today?</b>	You can learn a lot about your child's sense of humor, friends, and get them smiling by asking them to recount things that made them laugh.
<b>Instead of:</b> Did you eat your lunch?	<b>Try this:</b> → <b>Who did you sit by at lunch today?</b>	Allowing your child to discuss friends they may have a hard time getting along with, opens opportunities to discuss how others make them feel.
<b>Instead of:</b> Did you have a good day?	<b>Try this:</b> → <b>What did you do that made someone smile today?</b>	Show your kids that school isn't just about academics. Kindness matters.
<b>Instead of:</b> What did you learn at school?	<b>Try this:</b> → <b>Did you enjoy art or science more today? Why?</b>	When questions are broad, it's easy for a child to feel unsure of how to answer. Being specific facilitates a detailed response and opens the door for further discussion.
<b>Instead of:</b> What did you do today?	<b>Try this:</b> → <b>I love hearing about your day.</b>	Sometimes questions are overwhelming. Just letting your child know that you're interested, gives them permission to share when they are ready.
<b>Instead of:</b> How was your day?	<b>Try this:</b> → <b>What was easier today than yesterday?</b>	Encouraging your kids to notice that their practice is making a difference helps instill a positive self-image and a growth mindset.

# National Suicide Prevention Week

This week is observed to educate and inform about suicide prevention and the warning signs of suicide. It also aims to reduce the stigma surrounding suicide and encourage the pursuit of mental health support. The following help lines can be used to access support:

Crisis Text Line - Text 741741

Text anything (hello, help, etc.) to get started. You will receive an automated response and then a crisis counselor will respond. This can be any type of crisis (not just suicide.)

National Suicide Prevention Lifeline - 1-800-273-8255

The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Ok to Say - 652729 (text) 1-855-565-2729

Submit a tip - Anyone can report tips on criminal activities or potential harm directed at students, school employees, or schools.

LOCAL PROGRAMS AND SERVICES TO CHECK OUT



**bebetterholland.com**

Free teen support group (ages 13-17) in Holland for those coping with anxiety or depression. This is not group therapy. For more information and to sign up, check out the Be Better website.

This program helps provide a student with food for the weekends and is intended for families who currently may be experiencing a financial burden. These food items will be a combination of breakfast, snacks, lunch and/or dinner items. There is no cost to participate! Contact [greenl@brpsk12.org](mailto:greenl@brpsk12.org) if you

would like to sign up.



**h2hkids.org**



**hzfoodclub.org**

Community Action House is beginning a Food Club in October. Food Club invites qualifying low-income residents to contribute at a level based on their income, offering an affordable way for members to have access to fresh and healthy food. For a small monthly fee, members get points based on household size to spend as they wish throughout the month.

## Black River staff to connect with:

Lauren Green, MS/HS social worker- [greenl@brpsk12.org](mailto:greenl@brpsk12.org)

Annie Veld, MS/HS social worker- [velda@brpsk12.org](mailto:velda@brpsk12.org)

Tricia Schrottenboer, MS/HS counselor- [schrottenboert@brpsk12.org](mailto:schrottenboert@brpsk12.org)

Karen Scranton, Elem. social worker- [scrantonk@brpsk12.org](mailto:scrantonk@brpsk12.org)