

SOCIAL WORK SPEAKS SUMMER EDITION



A Newsletter From Your Secondary School Social Workers



Empowering Students to Grow
**Academically,
Socially and
Behaviorally**

SELF CARE

Self Care is defined as "The practice of taking an active role in protecting one's well-being and happiness, in particular during times of stress." by Dictionary.com



**PERRY TOWNSHIP SCHOOL
SOCIAL WORKERS WILL BE
ON SUMMER BREAK FROM
JUNE 1-JULY 27**

**IF YOU NEED ASSISTANCE
DURING THAT TIME,
PLEASE CONTACT THE
OFFICE OF STUDENT
SERVICES:
317-789-3961**

Summer Self Care Ideas

- Make lemonade
- Stargaze
- Go to the farmers market
- Read or listen to a book
- Have a picnic
- Watch the sunrise
- Make a tropical smoothie
- Have a bonfire with friends and family
- Take a nap in the shade
- Have a goal before fall
- Take a tech break

www.selfcarewithlara.com

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Articles of the Week


The importance of Closure for students
<https://www.brightbytext.org/blog/2395/The-School-Year-is-Ending-With-No-Real-End->


Helping your Kids Say Goodbye
<https://time.com/3902181/how-to-help-your-kids-say-goodbye/>


Transition Resources
<https://www.edutopia.org/blog/transition-resources-teachers-matt-davis>


Helping Others


Tips for Contributing to a Community of Kindness During COVID-19:


 Write a thank you letter to a front-line healthcare worker or grocery store staff member for their courage and hard work that supports us all.

 Invite a friend or family member who lives alone for a virtual dinner. Give them a seat at the head of the table and enjoy some quality time together.

 Send a message to a friend or colleague you haven't connected with in a while. Let them know you've been thinking about them.

 Send cute or funny pictures to brighten someone's day. A little humour can go a long, long way.

 Tell someone you care about why you are thankful for them.


 Offer to cut a family member's hair. They could probably use a good clean up!

For more mental health info check out our website:




Staying Connected

Tips for Reducing Loneliness and Maintaining Social Connection During COVID-19:


 Start the day with a virtual coffee date with a loved one who lives afar.

 Schedule a virtual playdate for your kids so they can remember what their friends look like.

 Set up a virtual book club or movie review club with your friends.

 Organize a virtual story time or read-along with extended family members. This doesn't just have to be for littler kids - get creative with poems, articles or comics that can appeal to teens.

 Consider using the good ol' telephone to connect, which may be more comfortable for some.

 Get some group texts going with your network of support people so you can help each other to keep going strong!

or more mental health info check out our website:



(Summer)Resource of the Week

Summer Camp Hub
<https://summercamphub.com/free-online-summer-camps/>

Summer Jobs
<https://projectindy.net/>

Gleaner's School Based Food Pantry at Southport High School open ALL Summer Mondays & Thursdays 11-1

CRISIS HELP:

MENTAL HEALTH SUPPORT LINES:

Suicide hotline: 1-800-784-2344

Crisis Call Center: 1-800-273-8255,

Text ANSWER to 839863

Crisis text line: text HELLO to 741-741

CHILD PROTECTIVE SERVICES REPORT LINE (CPS)

1-800-800-5556

FREE MENTAL HEALTH ASSESSMENT:

<https://vallevistahospital.com/>

1-800-447-1348

COMMUNITY SUPPORTS:

Valle Vista Behavioral Health: 1-800-447-1348

Adult and Child Mental Health: 877-882-5122

Community North Hospital: 317-621-6262