# SOCIAL WORK SPEAKS SUMMER EDITION

#### A Newsletter From Your Secondary School Social Workers



### **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

### 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

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

#### PERRY MERIDIAN HIGH SCHOOL:

TRACEY KAPPEL 317-789-4436 TKAPPEL@PERRYSCHOOLS.ORG SOUTHPORT

#### **HIGH SCHOOL:**

JORIE DEPALMA 317-789-4895 JDEPALMA@PERRYSCHOOLS.ORG

PERRY MERIDIAN MIDDLE

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LINDSEY WRIGHT 317-789-1340 LJWRIGHT@PERRYSCHOOLS.ORG

SOUTHPORT MIDDLE AND

6TH GRADE ACADEMY: BRIE SCHOCH 317-789-4627 BSCHOCH@PERRYSCHOOLS.ORG

#### MAY 2020 Articles of the Week

#### The importance of Closure for students

https://www.brightbytext.org/blog/2395/Th e-School-Year-is-Ending-With-No-Real-End-

#### Helping your Kids Say Goodbye

https://time.com/3902181/how-to-help-yourkids-say-goodbye/

#### **Transition Resources**

https://www.edutopia.org/blog/transitionresources-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.



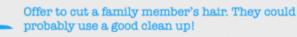
Send a message to a friend or colleague you haven't connected with in a while. Let them know you've been thinking about them.



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

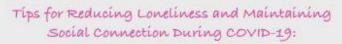


Tell someone you care about why you are thankful for them.



For more mental health info check out our website:

# **Staying Connected**





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/freeonline-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