

SOCIAL WORK SPEAKS BACK TO SCHOOL EDITION II



A Newsletter From Your Secondary School Social Workers



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

Back to School Tips

Back to School!

As the 2020-2021 school year begins, we know lots of students, parents and school districts are going through tumultuous change. We've included a few suggestions for everyone involved:

Begin by leading positive conversations about going back to school. Just because your children aren't bringing it up doesn't mean they're not thinking about it. A positive outlook is everything in setting the tone for a positive beginning.

Re-Train the Brain. After months of watching TV and playing at the pool, most kids need a jump start to get their thinking skills up to par. Make brain training a fun prospect, by incorporating reading routines and games (board or online) into your summer days:

Maintain a routine. Keep up with daily routines as far as possible, or make new ones. Get up and go to bed at similar times every day. Keep up with personal hygiene. Eat healthy meals at regular times. Exercise regularly. Allocate time for working and time for resting. Make time for doing things you enjoy.

Be alert for a child who's overly anxious, especially if it leads to physical symptoms like a racing heart. While a little bit of anxiety is normal and can be a good thing — if it motivates your child to study or practice, for instance — too much anxiety impairs performance, and children really suffer. Two easily overlooked physical signs: unexplained headaches or stomachaches.

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step. Reach out to your Adult & Child Health School-Based therapist, health insurance, primary care doctor or state/country mental health authority for more resources.

Learn more about our School Based Program: adultandchild.org/school-based-services



Perry Township Secondary School Social Workers

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 AND 6TH GRADE ACADEMY:

LINDSEY WRIGHT
317-789-1340

LJWRIGHT@PERRYSCHOOLS.ORG

SOUTHPORT MIDDLE AND 6TH GRADE ACADEMY:

BRIE SCHOCH
317-789-4627

BSCHOCH@PERRYSCHOOLS.ORG

STAYING CONNECTED INDIANA 2-1-1

<https://www.youtube.com/watch?v=5zXejiBhHdE&feature=youtu.be>



Visit in211.org
Call 2-1-1



@IN211



@IN211INFO

In times of uncertainty,
you can go to in211.org.



@IN211INFO

Articles of the Week

Tips for Getting a Good Start in High School

Child Mind Institute Article

"Strong, realistic study habits make all the difference"

Read More Here:

<https://childmind.org/article/tips-for-getting-a-good-start-in-high-school/>

utm_source=newsletter&utm_medium=email&utm_content=Tips%20fo
r%20Getting%20a%20Good%20Start%20in%20High%20School&utm_c
ampaign=Public-Ed-Newsletter

Resources of the Week



v.8.19.20

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING THEM LEARN, GROW AND THRIVE

**FREE eLEARNING SUPPORT AT THE YMCA
FOR STUDENTS GRADES 6-12**

Providing a safe, quiet, supervised environment where students can learn using the internet to access instruction and content from their school.

- HELD AT THE:
- Baxter YMCA
 - Avondale Meadows YMCA
 - OrthoIndy Foundation YMCA

- FREE 2-HOUR SESSIONS
Monday-Thursday
- Session 1: Noon - 2:00 PM
 - Session 2: 2:15 - 4:15 PM
 - Session 3: 4:30 - 6:30 PM

The Lab Monitor will disinfect spaces between each session.

Students must bring their own devices such as laptops, chrome books or iPads.

Please note: Only water is allowed in non-disposable, spill-proof containers with covers. Other food and drink must remain out of the eLearning Labs.



Limited to 12 students per location, per session. Reserve your FREE space here:

INDYMCA.org/elearning-labs



Prioritize your mental health with short, fun activities at your local Indiana State Park, and enter for a chance to win a 2021 Indiana State Park Annual Pass!

Simply choose an activity, submit a short description (photos too if you have one!), and email info@projectaware.com or submit at bit.ly/2H1Rsdm. Complete one of the three activities below or come up with a different healthy activity to complete. Enjoy and be well!

1

Five Senses Grounding Technique

Head in the clouds? Use your senses to gently turn your attention to the present moment and surroundings at the park.



5 - See

Point out five things around you that you can see.



4 - Feel

Say four things you can currently feel.



3 - Hear

Listen carefully... what are three things you hear?



2 - Smell

Identify two things you can smell.



1 - Taste

Notice one thing you can taste.

Interested in more mental health resources?

BeWellIndiana.gov is Indiana's new hub for mental health wellness resources.

Want to know more about Project AWARE?

Check out Project AWARE - Indiana Mental Health Education and Awareness at ProjectAWAREIN.org

#AwareINtheParks

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