



SOCIAL WORK SPEAKS FALL 2022 EDITION



A Newsletter From Your Secondary School Social Workers



Empowering Students to Grow

**Academically,
Socially and
Behaviorally**

Back to School Routine!

What is a routine, and why is having one important?

A routine is a sequence of actions that you do repeatedly. Having a routine can be helpful in times of unpredictability, uncertainty, and stress. Implementing a structure to your day can give you a sense of control. It can also improve your focus, organization, and productivity. Better stress levels lead to improved mental health, more time to relax and less anxiety.

Some examples of routines:

- Brushing your teeth nightly
- Reading before bed
- Taking a shower every day
- Laying out your clothes the night before

Helpful or not, every routine is powerful.

Routines put our brains on autopilot, which helps us in situations when our willpower is low.

Try to implement a positive routine today! During the teen years, the body's internal sleep clock is reset to fall asleep later at night and wake up later in the morning. This change happens because teen brains make the sleep hormone melatonin later at night than kids; and adults; brains do. So, teens have a harder time falling asleep.

[Kidshealth.org](https://www.kidshealth.org)

Perry Township Secondary School Social Workers

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Resources of the Month



G L E A N E R S

Perry Township School Based Food Pantry:

Every Tuesday from 3-6pm

2115 E Southport Rd, Indianapolis, IN 46227

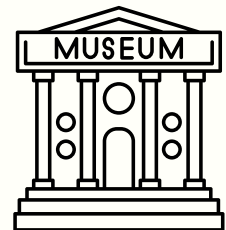
No questions asked, and open to all community members, not just Perry Township Families!



Family Game Night

The Southport Public Library hosts family game nights on select Saturdays all throughout the month!

Check out indypl.org for more information!



Children's Museum of Indianapolis

The Children's Museum offers \$6 admission on the first Thursday of each month from 4-8pm!

Go to www.childrensmuseum.org to reserve tickets!

CRISIS HELP:

MENTAL HEALTH SUPPORT LINES:

Suicide hotline: 988

Crisis text line: text HELLO to 741-741

LGBTQ+ The Trevor Project:

Text: Start to 678-678

Department of Child Services (DCS) Abuse/Neglect Reporting Hotline:
1-800-800-5556

FREE MENTAL HEALTH ASSESSMENT:

<https://vallevistahospital.com/>

1-317-943-9648

COMMUNITY SUPPORTS:

Valle Vista Behavioral Health: 833-336-1348

Adult and Child Mental Health: 877-882-5122

Community North Hospital: 317-621-6262