



Kenowa Hills Public Schools
Education inspired.

Kenowa Hills Mental Health Newsletter

UNKNIGHTED
WE STAND.



According to the CDC, mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress. Just like physical health, everyone has mental health. Just like we have to take care of our physical health, we have to take care of our mental health. Understanding our own emotional wellness helps us reduce the stigma associated with mental health. You will find more info on ways to fight the stigma, tips to practice, and what our KH community is doing to increase mental health awareness.

How can we fight the mental health stigma?

1. TALK OPENLY ABOUT MENTAL HEALTH
2. EDUCATE YOURSELF AND OTHERS
3. BE CONSCIOUS OF LANGUAGE
4. ENCOURAGE EQUALITY BETWEEN PHYSICAL AND MENTAL HEALTH
5. SHOW COMPASSION FOR THOSE WITH MENTAL ILLNESS
6. CHOOSE EMPOWERMENT OVER SHAME

Did you know that May is Mental Health Awareness Month?

Let your Voice "Be Heard" in our School Community

KENOWA HILLS PUBLIC SCHOOLS BELIEVES IN CREATING A CULTURE OF RESPECT FOR ALL STUDENTS WHERE THEY FEEL SAFE AND VALUED. TO BEGIN, VOICES NEED TO BE HEARD, ONE STORY AT A TIME. THEREFORE, WE HAVE A FORM BELOW THAT ENABLES STUDENTS TO REPORT SITUATIONS WHERE THEY HAVE FELT BULLIED, UNSAFE, HARASSED, OR UNWELCOME. THESE VOICES, STORIES, AND INCIDENTS WILL THEN BE ADDRESSED CONFIDENTIALLY.

[PLEASE CLICK HERE FOR MORE INFORMATION.](#)



MAY
IS MENTAL HEALTH
AWARENESS MONTH
#breakthestigma



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****Parents have been reaching out concerned about social isolation and loneliness. Here are some proactive tips to help address this****

Need some quality time with your friend(s)?

1. CHECK OUT GOOGLE MEET/HANGOUT!
2. WITH YOUR SCHOOL EMAIL, YOU ARE ABLE TO ACCESS THIS TOOL.
3. VIRTUALLY, YOU'LL BE ABLE TO 'SEE' AND 'HANGOUT' WITH YOUR FRIEND/FRIENDS.
4. [CLICK HERE FOR MORE INFO ON SETTING THAT UP!](#)

Having trouble getting your teen out of their room?

Try creating a Family Agreement:

1. SCHEDULE CHECK-INS THROUGHOUT THE DAY: LUNCH, MID-AFTERNOON, DINNER
2. GIVE EACH CHILD A NIGHT TO PLAN & COOK DINNER
3. SCHEDULE FAMILY FUN TIME: INVITE YOUR CHILD TO DO AN ACTIVITY YOU KNOW THEY LOVE... PLAY A CARD GAME, SHOOT HOOPS, LET THEM TEACH YOU HOW TO PLAY THEIR FAVORITE VIDEO GAME

Social time is very important for our mental health! We understand being "social" is difficult when we can't physically be with our social supports.

Have younger kids who need some social interaction?

Have a neighborhood Facebook group?

Start a neighborhood scavenger hunt. Each family draws a rainbow (or heart or frog) and puts it in a window or on a door. Walk around the neighborhood, taking pics of the found images, and post to the group.

Plan a family/friends movie night

If you have Netflix, you can add Netflix Party to Google Chrome. You and friends can watch the same movie at the same time on a laptop or computer. It's private and the chatbox feature lets you talk while you watch.

<https://www.netflixparty.com/>

Join Family Kahoot Friday

Play a Pop Culture trivia game with students and families from around the world. Hosted by a teacher, you can join every Friday at 3 p.m. New to Kahoot? Don't worry, your middle schooler can teach you all about it! Sign up using the form below:

[Family Kahoot Friday](#)

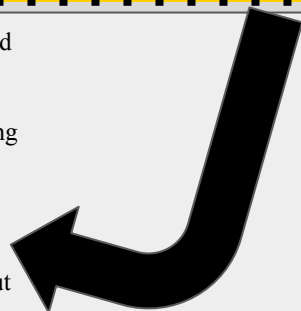
Online video games (with time limits)

YOUNGER KIDS: Roblox, Maker 2, Mario games

OLDER KIDS: Fortnite, Minecraft

Important Note for Parents:

1. Don't be afraid to talk to your child about how they are feeling.
2. If your child is excessively isolating or talks about feeling depressed or hopeless, check on them often.
3. If you feel your student needs additional support, please reach out to a mental health therapist or a member of the district mental health team for a referral.





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MEET YOUR KENOWA HILLS DISTRICT MENTAL HEALTH TEAM!





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The District Mental Health Team consists of:

Superintendent Assistant Superintendent Director of Finance School Counselors
 School Social Workers School Child Life Specialist Positive Behavior Interventionists
 KISD Mental Health Liaison (Arbor Circle) Family Outreach KSSN Community School Staff
 Paraprofessionals Director of Special Education & Early Childhood