



Kenowa Hills Public Schools
Education inspired.

Kenowa Hills Mental Health Newsletter



For our final mental health newsletter, we want to take the time to reflect on the end of this school year as well as give you and your family mental health resources for the summer!

uKnights... that is what we strive to be as Kenowa students, families, and staff. It takes effort from each of us to confront difficult situations, like those happening in our country right now, and to tackle them together. Kenowa Hills Public Schools is a community that promises to provide equity to all groups, no matter the gender, gender identity/expression, race, religion, physical ability, language, ethnicity or learning ability. In order to foster open communication and to support you in answering your students' questions, we have provided some resources below.

Please reach out to your school social worker or counselor if you have questions or need further resources.

BOOKS

- For Early EI/Elementary: [Courageous People Who Changed the World](#) & [The Skin You Live In](#)
- For Middle School: [We are Not Yet Equal: Understanding Our Racial Divide](#) & [Count Me In](#), a novel about a 7th grade girl fighting racism
- For High School: [How I Resist: Activism and Hope for a New Generation](#) & [Stamped: Racism, Antiracism, & You](#), & [This Book is Anti-Racist](#) (activity-based)

WEBSITES

- [How to Talk to Children about Hate Speech](#)
- [Starting to Talk about Race with Kids](#)
(Website & book recommendations for elementary children)
- [Talking to Children after Racial Incidents](#)
- [Resources for Talking About Race, Racism, & Racialized Violence with Kids](#)

COMMUNITY RESOURCES

- [SURJ: Showing Up for Racial Justice](#) (local GR chapter)
- [Grand Rapids Urban League](#)
(Employment, Housing, Education, Equity, Health, Youth)
- [Grand Rapids Center for Community Transformation](#)
(Community partners organizing around "the idea of How to Love our City into Greatness")

Movies that tackle racism by age: [CommonSense Media](#)



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LET'S REFLECT!

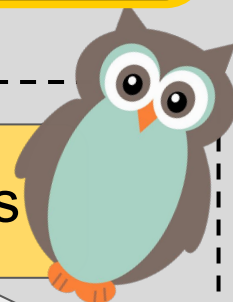
What has been an obstacle, win, and lesson of this year?

O BSTACLE

W in

L esson

Superintendent Gerald Hopkins



O: When school closed, with no certainty when we would be returning, my primary concern was, "How do we make sure our students have access to meals?"

W: I couldn't be more proud of our district's efforts and actions under very difficult circumstances. We have made and delivered over 150,000 meals to children in our community. We have distributed almost 2,000 learning devices and nearly 100 WIFI hotspots to families, and our staff has worked tirelessly to stay connected to our students and families to support their emotional and education needs.

L: Slow down. Look around. Listen. The solutions to our challenges are often right before us. We simply need to slow down. Look to those around us. Listen to what they have to say.

A'Reonna, Grade 6, KHMS Student

O: Procrastinating, I do that alot.

W: I stopped procrastinating as much, I even finished sewing a bag that was made from a pair of my pants.

L: I realized my real friends are the ones who still hit me up & talk to me, make sure I'm alright alright, play games over the phone, and make plans...those are the people I'll most likely stick with longer.

It's been a year

"owl"

never forget!





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WE ASKED OUR DISTRICT & BUILDING ADMINISTRATORS TO SHARE SOME OF THEIR REFLECTIONS.



SHARED OBSTACLES

"Overcoming supply chain issues and figuring out in one day how to completely change the way we do things."

-Peg Panici,
Food Service Director

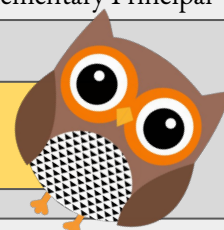
"Designing virtual opportunities for staff & administrators to participate in planning opportunities for the 20-21 school year."

-Bill Dinkelman,
District Instructional Coach

"Trying to lead without a "playbook" or other past experiences to compare to and making decisions based on an evolving situation that is out of your control."

-Jason Snyder,
Alpine Elementary Principal

SHARED WINS



"We (stressing WE) were able to traverse these mountains."

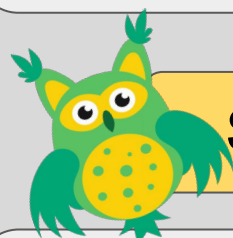
-Michael Burde,
Assistant Superintendent

"By conducting Zoom meetings, phone calls, delivering signs, and meetings students at their houses, we have been able to stay connected with our Pathways families."

-Jared Herron,
Pathways HS Principal

"Personal, seeing my 6 mo. old baby Callan hit milestones I wouldn't have if he was in daycare. Professional, finding new ways to connect."

-Cherie Horner,
Central Elementary Principal



SHARED LESSONS

"Boundaries are important. Work still needs to have a beginning and an end for staff, students, and administrators."

-Abby Wiseman, MS Principal

"Give grace during this trying time for so many, and see the positives of each situation. When life gives you lemons..."

Ross Willick,
Zinser Elementary Principal

"We can still have a welcoming Learning Center. Things will feel different but with supports for staff & student safety, staff are willing to get back into the classroom to work with our kids!"

-Luke Scholten,
Special Education & ECC Director

Click here to read more OWLs from our amazing Administrators: <https://tinyurl.com/y7z38oco>





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SUMMER MENTAL HEALTH RESOURCES



Child Life Disaster Relief Online Summer Support Groups

COPING THROUGH CONNECTION

Certified child life specialists lead 45 minute groups by grade, for K-8 youth. Includes:

- Group for students w/ special needs & their siblings
- Group for K-3rd Spanish-speaking youth
- Focus on normalizing COVID-19 experiences, social interaction, emotional expression & coping.

See the June schedule here:

<https://tinyurl.com/yb9m7ptp>

Talk it Out



Text it Out

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential



FINDING MENTAL HEALTH CARE THAT FITS YOUR CULTURAL BACKGROUND

The **National Alliance on Mental Illness** shares some tips for how to find mental health services that take into account your culture, beliefs, practices, & values: <https://tinyurl.com/y9uaz385>



TRAILS to WELLNESS is a program from U of M Medical School that supports accessible mental health for all youth. The website provides free, evidence-based activities that can be downloaded and printed for Grades 3-12.

Click here to visit the website:

<https://trailstowellness.org/>



As COVID-19 restrictions lift, find out which GR-area day camps are open at: www.grkids.com



Michigan "Warmline"

Do you live with a mental health condition?

Connect with a certified peer support specialist
Open daily, from 10 AM- 2 AM, 7 days a week.
@ 888-PEER-753 (888-733-7753).