



From the Counseling Center...

J. Michael- Grade 8 and Grade 6 Team Unity

L. Grimaldi- Grade 7 and Grade 6 Team Evolution

Student Mental Health



More and more we are seeing students struggling with mental health issues that include but aren't limited to:

*Anxiety
Depression
Post-traumatic Stress
Self-Injury
Suicidal Thoughts/ Ideation*

Some tips for keeping kids mentally healthy include the following...

-Make sure you know who your child's friends are and that they are maintaining appropriate peer relationships.

-Keep an open line of communication open with your child's teachers, they may notice changes in your child that you don't see at home.

-Make sure your child is eating regular, healthy meals, and getting enough sleep.

-Encourage regular physical activity. This could be participation in sports programs, martial arts, or playing outside, riding bikes, jogging, etc.

-Limit Screen time, especially right before bed, as it can negatively affect the quality of sleep.

-Communicate with your child. Ask questions like "What was the best part of your day?" instead of "How was your day?" to generate conversation.

Please contact your child's school counselor with any concerns about their mental health. We can assist and guide you to the appropriate resources. The earlier an issue is recognized and addressed, the better chance of successful recovery!



Current 8th grade Parents/Guardians

Wednesday January 15, 2020

8th Grade Parent Night at the High School Auditorium is at 6:30PM. All parents/guardians of 8th graders are encouraged to attend. Current 8th grade students are also welcome to attend.

Helpful Resources

Please call the Lake Shore Family Support Center for help including the following...

-Basic Needs (Food, Clothing, housing)

-Mental health/ Community resource connections

(716) 926-2295

maialearning

Maialearning is a college and career planning tool that is being introduced/ continued in grades 6,7, and 8. Students in each grade level will be doing self-exploration by taking assessments, all of which help them learn more about what pathways they might want to take throughout high school and beyond!!

Check it out at www.maialearning.com!!

Moving out of district or changing schools?

Please give us a call at 926-2420 and let us know to help make a smooth transition!