

Pearl River School District

April 2021

CLINICIAN NEWSLETTER

Fostering and supporting positive mental health is one of the key objectives for our schools and for our students. As we make progress towards a full return to in-person instruction we want to ensure that we support our students' social-emotional well being. Our SEL plan is to help students process their thoughts and feelings, as well as to learn different ways in which they can practice wellness.

Returning to daily in person school can evoke different emotions in our students. Feelings can range from excited and happy to fearful and anxious. It is important to remember that feelings of fear or anxiety can manifest in different ways. It is also important to lookout for changes in our students, as some will not verbalize how they feel.

Here are some things parents can do to help:

- Talk to your children about their worries
 - Validate their feelings
- Ask specific questions – Don't be afraid to bring things up
 - Draw out their worries in pictures, collages and/or clay
 - Talk about possible solutions to their concerns
- Create a structured routine for evenings and school mornings

Use this link to access some wellness activities [Headspace Youtube channel](#)

A newsletter brought to you by PRSD School Clinicians