AT APS FALL 2019

RESILIENCY MATTERS

Quarterly Newsletter of the APS Mental Health Committee

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New Mental Health Committee

One of the changes we are making here at Allendale Public Schools is the formations of a new Mental Health Committee. This committee is an off-shoot from our District Crisis Committee. This preK-12 action based committee brings together administration, teachers, school social workers and counselors, parents and other support staff. The Mental Health Committee is committed to promoting mental wellness for students, staff and families within Allendale Public Schools. We are excited to be working to streamline communication between parents and teachers around topics of mental health. The committee also hopes to share out some of the wonderful positive mental health supports that are already happening here at APS. We will respond in the event of a crisis, however, the committee also hopes to provide proactive learning opportunities around crisis and mental health for students, parents and staff here in Allendale. Want to



big you?

Allendale is kicking off a new PBIS program in January at Evergreen Elementary! PBIS stands for "Positive Behavioral"

Interventions and Supports"! Staff and several teachers will be attending training in the Fall in order to establish a positive school culture which includes setting up the school social environment to reflect a shared vision of common values and behavior expectations.

Parent Workshop on Resilience

Sponsored by: APS Mental Health Committee

Wednesday, Oct 9th (MS/HS Aged Parents) Ceglarak Aud.- HS Thursday, Oct 10th (PS-5th Grade Aged Parents) Evergreen Cafeteria

"Building Strong Teens "Building A Resilient Child" 5:30 Dinner/ 6:00 Workshop- both nights

Resiliency

by: Andrew Jakobcic

Resiliency is a term that has received some buzz in the last few years and for good reason. This broad term holds a lot of weight for developing strong, confident, and empathetic children. The American Psychological Association defines resiliency as "the ability to adapt well to adversity, trauma, tragedy, threats or even significant sources of stress." I think the key word here is stress and how we learn to manage it. This is where healthy adults can make a significant difference in the lives of children. Modeling and teaching healthy stress management is crucial to a child's ability to recognize their stress "triggers" and develop healthy coping skills. One of the main areas we can help our children manage their stress and move through change is by creating consistent routines and responses. The American Psychological Association has a great list of skills/techniques for developing resilience. Check it out here: https://www.apa.org/helpcenter/resilience.



Parent Resources

Links to resources on resilience parenting

https://www.readbrightly.com/books-about-resilience-for-parents/

https://centerforparentingeducation.org/recommended-parenting-books/page-2/#resil

https://afineparent.com/giftguides/childrens-books-aboutresilience.html

https://www.fatherly.com/play/8-childrens-books-that-inspire-resiliency/

https://biglifejournal.com/blogs/blog/t op-childrens-books-resilience

https://www.readbrightly.com/childre ns-books-that-celebrate-strengthand-resilience-in-the-face-of-lifeschallenges/



20 Awesome Children's Books About Resilience (Sorted by Age)

