



NIMITZ MIDDLE SCHOOL

MENTAL HEALTH CORNER

From the PSW's desk

FACULTY NEWSLETTER



APRIL 2017

DENIM DAY

APRIL 26, 2017

TAKE THE STAND
AGAINST SEXUAL
ASSAULT!



THERE IS NO
EXCUSE AND
NEVER AN
INVITATION TO
RAPE...

WEAR YOUR DENIM
WITH A PURPOSE:
RAISE AWARENESS
AND SHOW
SUPPORT FOR
SURVIVORS OF
SEXUAL ASSAULT.

Let's Talk Some More About Resiliency

Fast Facts:

1. In essence, resilience means being able to bounce back from difficult times and cope well with challenges.
2. Factors that promote resilience among adolescents include having caring relationships with adults, and easygoing disposition, cognitive skills, and strong internal values.
3. Adolescents who are resilient may be better able to avoid risky behaviors, such as violence, substance use, and adolescent pregnancy, than are other adolescents.
4. Adolescents who are resilient also find ways to reduce the negative effects of stress on their lives, such as getting regular exercise, avoiding substance abuse and practicing relaxation techniques.
5. School - or community-based programs can teach problem-solving and social skills that can improve resilience among adolescents.

Teacher Tools: You can practice these strategies and encourage your students to practice them as well to promote resilience to help themselves

- Get regular exercise (e.g., yoga, running, martial arts, team or individual sports)
- Eat regular meals
- Avoid using excessive caffeine (coffee, tea, soft drinks, energy drinks, etc.)
- Avoid illegal drugs, alcohol, and tobacco
- Learn relaxation techniques (e.g., deep breathing, progressive muscle relaxation, meditation)
- Develop assertiveness skills (e.g., how politely but firmly to say "no," or to state one's feelings)
- Rehearse and practice responses to stressful situations
- Break down large tasks into smaller, more attainable tasks
- Learn to recognize and reduce negative self-talk. Challenge negative thoughts about oneself with alternative neutral or positive thoughts
- Avoid demanding perfection from yourself or others; instead, learn to feel good about doing a competent or "good enough" job
- Take a break from stressful activities or situations. Engage in a hobby, listen to music, or spend time with a pet
- Build a network of friends who can help you to cope in positive ways

Source: Positive Mental Health: Resilience. Adolescent Health Highlight, Child Trends. David Murphey, Ph.D., Megan Barry, B.A., and Bridgetter Vaughn, M.S. January 2013, Pub. #2013-3



Psychiatric Social Worker

Mental Wellness Tip of the Month-You Matter!

"Say 'Thank you' instead of 'Sorry'"

Instead of saying "sorry I'm late" try saying "thank you for waiting for me". This strategy helps to shift our thinking to be more positive, and makes sure our loves ones understand our gratitude.

"Know when to say no" "Your health and well-being come first," said Sarkis, who suggested nixing anything that does not feel fulfilling. Work on building and preserving better boundaries:
<https://psychcentral.com/lib/10-way-to-build-and-preserve-better-boundaries/>.



SOCIAL WORK PROMOTES COMPASSION, EMPATHY, AND KINDNESS UPDATE:

Our Kindness Week campaign was a fun success!!!! We collected about 120 Random Acts of Kindness and students completed letters of appreciation for their teachers! We thank you for your participation and support in our attempts to promote values such as Kindness, Compassion, and Empathy among our students and improve our school climate!!!



Upcoming Events



From our PSA Counselors!

We Continue to Promote PBIS

• **HR Competition update!!!**

-4/20- 1st Week Winners-Mrs. Glenda

Ramirez – Ice Cream Social 7th period

-4/26-2nd week Winners – Ice Cream

Social 7th period.

• **4/21- Cal State LA Forensic Science Center – Field Trip**

• **4/27 – Celebrating 150th Day of School!!!** Students with 96% or Higher attendance will be entered in an opportunity raffle!!!!

• **5/10 – Seahawk Store will be open for both lunches!!!**

• **Studdy Buddies with Ms. Lin, Thursdays from 2:45-4pm in the School Library**

Parent Support Groups !!

To continue promoting and improving Mental Wellness among our community, Ms.

Gomez, PSW will begin to facilitate two **FOCUS Parent Support Groups** where parents will have the opportunity to learn and increase skills such as emotional regulation, communication, and managing stress. **These groups will be offered Monday evenings from 4:30-6pm beginning April 24th and Tuesday mornings from 8:30-10am beginning April 25th.**

For more information, please contact Ms. Gomez, PSW ext. 5468