



We are all in this together!

Inside the Issue

HOW TO CONNECT WITH OUR MENTAL HEALTH SUPPORTS

We want to stay connected with our students and provide consistent sources of support!

USEFUL RESOURCES & ACTIVITIES

We will update you weekly with useful resources for managing the stress of dealing with COVID-19 & online learning.

EMPOWERING THOUGHT OF THE WEEK

We will encourage you each week with an empowering thought to shift your focus. Because where our thoughts go we go!

HOW TO CONNECT WITH MENTAL HEALTH SUPPORTS

We are working diligently to provide various methods of remote access for mental health supports for our students during this challenging time. Currently we have several options:

- Students can join our "Project Mental Health & You" Google Classroom to stay connected and get helpful tips each day.
- Students/Parents may also reach out to our Mental Health Consultant, Josie Muterspaw, between 9am-2pm via phone at 513-649-7344 or jmuterspaw@wayne-local.com with any mental health resource needs, questions, or concerns.
- Students can request to schedule a Zoom Video Chat Session (with Josie Muterspaw)
- Our amazing Guidance Counselors are also available to assist you:
MS and HS Guidance Counselor: Cathy Joefreda email: cjoefreda@wayne-local.com
Elementary Guidance Counselor: Charnelle Bees email: cbees@wayne-local.com

Please reach out we are here to help!



EMPOWERING THOUGHT OF THE WEEK

by Josie Muterspaw

Gratitude helps you see what is there
instead of what isn't.

#growthmindset

It is so true that what we look for we tend to find. With all the stress of closings, social distancing, and news stories we are being bombarded with, it makes it even harder to find the positives. However, it also makes it even more necessary! The beautiful thing about our thoughts is we get to choose which ones we want to keep!

In an environment where fear is currently rampant, pausing to notice simple things you are grateful for each day can be just the reprieve your mind is needing. Take some time to stop and think about the good that is coming from this time of social distancing. There is always good to be found in every situation. Choose to hold on to the good and let those negative thoughts float on by!



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Useful Resources

Great Article that discusses ways to supporting student wellness at home during COVID-19:

https://aapihicounseling.weebly.com/uploads/4/3/2/6/43268447/student_wellness_at_home__1_.pdf

Great video teaching students how to manage their anxiety by taking control of their thoughts:

https://www.youtube.com/watch?time_continue=1&v=S18rkOxOa08&feature=emb_logo

Great Article about how to help your teenager with the stress of social distancing:

<https://thrivepointe.com/2020/03/covid-19-pandemic-parents-your-teens-need-you-more-than-ever/>

Try These Activities

Make a Gratitude Jar with your child to collect moments each day you are grateful for. When you or your child need a pick me up pull out the jar and read all the fun, happy moments together to lighten your mood.

Teenagers...I challenge you to a Gratitude Photo Challenge. Take pictures of things throughout your day that make you smile and share them with us at our Project Mental Health and You Google Classroom page to spread the positive vibes.