

ELPS Wellness



East Lansing Public Schools

Newsletter

Greetings East Lansing Family,

This is your first Wellness Newsletter of the 2022-2023 school year! Throughout this newsletter, you will find resources, as well as tips for how to best support your student's wellness. Please feel free to reach out with any questions or concerns you may have. You can find contact information at the bottom of this newsletter.

Returning to School Tips:

1. Start preparing them to go back to school now if you haven't already!
2. Begin a routine of going to sleep and waking up at the same time your student will when they return to school on August 24th.
(<https://www.hopkinsallchildrens.org/ACH-News/General-News/The-importance-of-sleep-for-kids>)
3. Encourage your student to read or practice their math skills prior to their first day back.
4. Help your student set healthy boundaries with technology. They won't be able to have it all day at school so ensure your student can manage their time without it.
(<https://www.nytimes.com/guides/smarterliving/family-technology>)

PBS Kids - <https://www.pbs.org/parents/back-to-school>

Community Supports

Families Forward

Families Forward is teaming up with local partners in the community to offer fun and engaging skills-based groups. These groups will help youth learn skills to manage life stress and improve social skills in a safe environment.

Stress Busters (ages 3-6 and 7-10)

"Everyone has big feelings at times. Children and adolescents who learn to manage those feelings at an earlier age have a big advantage in life. It's an important skill for growing minds!"

Coping with Life (ages 11-14 and 15-17)

"Everyone has strong emotions and can get overwhelmed by life sometimes. Adolescents and teens who learn to manage those feelings have a big advantage in life. It's an important life skill that can help you not just get ahead in life, but enjoy it too."

If you would like your student to get involved with one of the groups listed above, please contact Community Mental Health - Jody Nelson at 517-346-8094 or nelsonj@ceicmh.org

ELPS Wellness



East Lansing Public Schools

Newsletter

East Lansing Community Wellness Resources

Use the link below to access a list of additional resources available to the East Lansing Community.

https://docs.google.com/document/d/1jIFf_tzya8SwJZ1aXju4i9wN90Mzvann1L_M63-Gm-A/edit?usp=sharing

Mental Health Resources

Suicide Hotline - 988:

On July 16th, the national suicide hotline launched a new 3-digit number. If you or someone you know is considering suicide or in need of mental health support, you may now call 988 to receive the necessary support. The previous hotline number 1-800-273-8255 is still available. (<https://www.samhsa.gov/find-help/988>)

Therapy Search Engines:

Use the link below for a list of search engines available to help locate mental health therapists in the community.

<https://docs.google.com/document/d/1d96acrqTCO0VD02H4vXUOrbcpKyQm9A4AnvLwyLdSGs/edit?usp=sharing>

What to do if you have concerns about your student's wellness:

If you are concerned about your student's wellness, please contact their teacher (elementary) or school counselor (secondary) to discuss what options are available to support your student's needs.

Wellness Leader Contact Information

Lindsay Young LMSW

517-333-7423

lindsay.young@elps.us