ELPS Wellness

Newsletter

East Lansing Public Schools

Greetings East Lansing Family,

It has been a great start to 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 my contact information at the bottom of this newsletter.

Sleep Tips:

Sleep is very important for our physical and mental health. As we move into the school year, it can be difficult to keep a consistent routine and make sure everyone is getting the appropriate amount of sleep. Below you will find a brief description of how much sleep your student should be getting. This information is supported by the American Academy of Pediatrics.

- Students ages 3-5 should get 10-13 hours of sleep each night.
- Students ages 6-12 should get 9-12 hours of sleep each night.
- Students ages 13-18 should get 8-10 hours of sleep each night.

For more information on healthy sleep habits use the links listed below.

- ➢ https://www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx
- ➢ https://www.healthychildren.org/English/healthy-living/sleep/Pages/Sleep-and-Mental-Health.aspx

Social Emotional Learning:

For many of our students, they will be learning and participating in a social emotional curriculum throughout the school year. Below is a video that explains what social emotional learning is and why it is important to teach our students. Our kindergarten through fifth-grade students will be learning from the *Second Step* curriculum and our sixth and ninth grade students will be learning from the *TRAILS to Wellness* curriculum.
https://www.youtube.com/watch?v=ikehX9o1JbI

Community Supports

Ingham Community Health Centers

"Ingham Community Health Centers offer a range of services from women's healthcare, primary health care, pediatric health care, behavioral health care, school-based/linked health care and dental care. Health care services are provided without regard to the patient's insurance status or ability to pay." Use the link below to access additional information about their services.
https://hd.ingham.org/Portals/HD/Home/Documents/CHC/2020_ICHC_Facts_Brochure.pdf

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Gateway Youth Services
"Prevents & ends homelessness for youth and young adults by helping young people and their household members access housing, basic needs, resources, and services to resolve their housing crisis."
https://www.childandfamily.org/page.php?id=151

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/1jlFf_tzya8SwJZ1aXju4i9wN90Mzvann1L_M63-Gm-A/edit?usp=sharing

Mental Health Resources

As a district, we recognize that some of our community members may experience thoughts and feelings of suicide. We know that having preventative resources available to our community can assist in decreasing the risk of suicide. Below you will find information about a few different resources supporting suicide prevention.

- The September Newsletter created by the Cook Center for Human Connection provides information and resources for anyone who may be struggling with their mental health or knows someone that needs support.
- https://parentguidance.org/ is a library of free courses developed by leading mental health experts that offers much hope, many answers and compassionate help - making it easier for caregivers to tackle the tough stuff they often feel uncomfortable discussing.
- https://www.youtube.com/watch?v=j7HK0dKvhDo&t=58s is a short video clip that provides guidance on how to ask one of the most important questions in the prevention of suicide.
- My Life is Worth Living is the first animated series about teen mental health produced by the Cook Center for Human Connection and Wonder Media. The series tells stories of characters who face some of the most difficult issues that young people deal with today. It shows their evolution in the key decision: that life is worth living. The free wrap-around curriculum/discussion guides are available on https://mylifeisworthliving.org/
- Talking to Children and Teens about Suicide and Violent Death is a resource developed by professionals to assist in the difficult conversations many adults have to have with children or teenagers around suicide and violent death.

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.

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