

School Nurse Newsletter



Hey parents and students, I hope everyone is still hanging in there! Mingo County is doing a great job of social distancing and following the guidelines we're supposed to follow. I'm so proud of you all!

Here are some tips for students and parents on getting through tough times and keeping ourselves in a good frame of mind while we are in those tough times. There will always be ups and downs in life, that's just how life is. Learning how to handle the ups and downs can make difficult experiences seem manageable and easier to go through. Please remember to reach out to someone if you're feeling down or worried. Everyone at Burch PK8 loves you and we are all here for you!

Here are 5 ways to help you through adversity and minimize the long term effects of difficult experiences:

1. **Think Positive!!** Find the good in all situations and keep that positive attitude even when you don't want to. This goes for you too, parents. Kids need to see and hear parents speaking positively. You are their greatest role model and they want to be like you so show a great positive attitude.
2. **Express Love and Gratitude.** Emotions of love and gratitude improve kid's self-esteem and their resiliency to get through hard times. These positive emotions also help protect kids against anxiety and depression.
3. **Express Your Feelings.** Show kids how to express how they're feeling. Let them know that their feelings matter, no matter what those feelings are.
4. **Get Fit!** Get outside and move. Do activities together. Movement promotes calmness and happiness and reduces stress. Eating healthy foods and getting enough rest also helps kids deal with difficult experiences.
5. **Foster success.** Helping our children succeed academically can go a long way to relieving stress from this difficult time. Now is also a great time for kids to tap in to a new interest. Encourage them to try new activities or new music. Sit with them and talk about colors and shapes. Let them help you cook or help with yard work. Finding activities we like promotes feelings of self-worth and makes us feel joy.

Hope to see you soon Bulldogs!!

--Nurse Tonya