



Kenowa Hills Public Schools
Education inspired.

Kenowa Hills Mental Health Newsletter

UKNIGHTED
WE STAND.



This Week's News:

P. 1 Learn about **PAINT KENOWA GREEN**

P. 2 Meet your KHPS Child Life Specialists



Paint Kenowa Green

- **WHO?** Students, staff, families, and community members
- **WHAT?** A district-wide effort to bring awareness to mental health
- **WHEN?** February and March 2021
- **WHERE?** In all KHPS buildings, classrooms, buses, in the community, Kenowa Hills Online Learning Academy (KHOLA)
- **WHY?** We all have mental health & KHPS wants to reduce the stigma around talking about our mental health!

Paint Kenowa Green might look like...

Mental Health Snack Packs for staff

Videos of KHPS staff sharing why mental health is important to them

Affirmation Stations

Virtual Calming Corner

Kindness... Pass it on!

Mindfulness Minute

Mental Health Spirit Week

Gratitude Practice



Have questions? Reach out to your building social worker, counselor or child life specialist!!



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What is a child life specialist?

Child life specialists are trained professionals with expertise in helping children and families overcome life's most challenging moments. We give children tools and techniques to empower them to be successful. For more information visit: <https://www.childlife.org/the-child-life-profession>

MEET ALISSA!



Alissa Rodriguez, BA, CCLS
KHOLA & Central Elementary

Offering one on one or small group sessions for anxiety, stress, grief, trauma, major life changes, positive self-esteem and positive socialization

MEET JEN!



Jen Armstrong, MA, CCLS
KH Middle School

One on one or small group sessions for anxiety, stress, grief, trauma, major life changes, restorative practices to restore relationships after harm, peer relationships

TRY THIS AT HOME: Gratitude Giving Before Dinner

Going around the table before dinner to express gratitude is a powerful practice that enhances mindfulness of the abundance we have to be grateful for. Each family member can share one thing they are thankful for with a simple word or sentence – or with a more in-depth explanation as required. This practice can also spark meaningful conversation around the dinner table.