

January Newsletter

From the desk of Mrs. Nettles, SBSW



HAPPY NEW YEAR, JUB!

Welcome back, JUB!

The JUB PEER Mentors would like to welcome you back to school after a much-needed holiday break! As we continue to progress through the school year, we want to remind students and their parents that our PEER Mentors, school social worker, and counselors are available to assist with issues such as feeling left out, difficulty making friends, and feeling sad. We encourage students to take advantage of the above-mentioned resources in the event they should experience issues that affect their mood. Students and parents should know that anything discussed with either resource shall remain confidential unless there are extenuating circumstances. JUB prides itself on providing a safe and healthy environment that allows all students to thrive

ANXIETY & COPING TIPS

Anxiety is a natural and automatic response to perceived danger. Coping skills are needed tools that can help kids deal with anxiety in healthy, productive ways. Coping skills can also prevent meltdowns or tantrums. The following are examples of coping skills that can be used to reduce anxiety in kids:

- Practice breathing exercises: take deep breaths out the nose & through the mouth
- Use fidget (tactile) toys: these toys can help to relieve stress
- Count: counting helps kids' mind from swirling with anxious thoughts
- Create a "chill corner" at home/classroom: this is a safe place with comforting items such as stuffed animals, favorite books, etc. that allows for destressing

Managing Feelings

Feelings are an important part of life. It is normal for kids to experience disappointment, anger, and even sadness. Managing feelings can help physically and emotionally. The following are ways to help kids manage their emotions:

- Teach kids to express their feelings, not to deny them.
- Teach kids appropriate ways to show, communicate, and cope with their feelings.
- Ask kids questions about their feelings; help them to reflect.
- Set a good example on how to appropriately manage feelings
- Provide kids with outlets to vent about their feelings.

