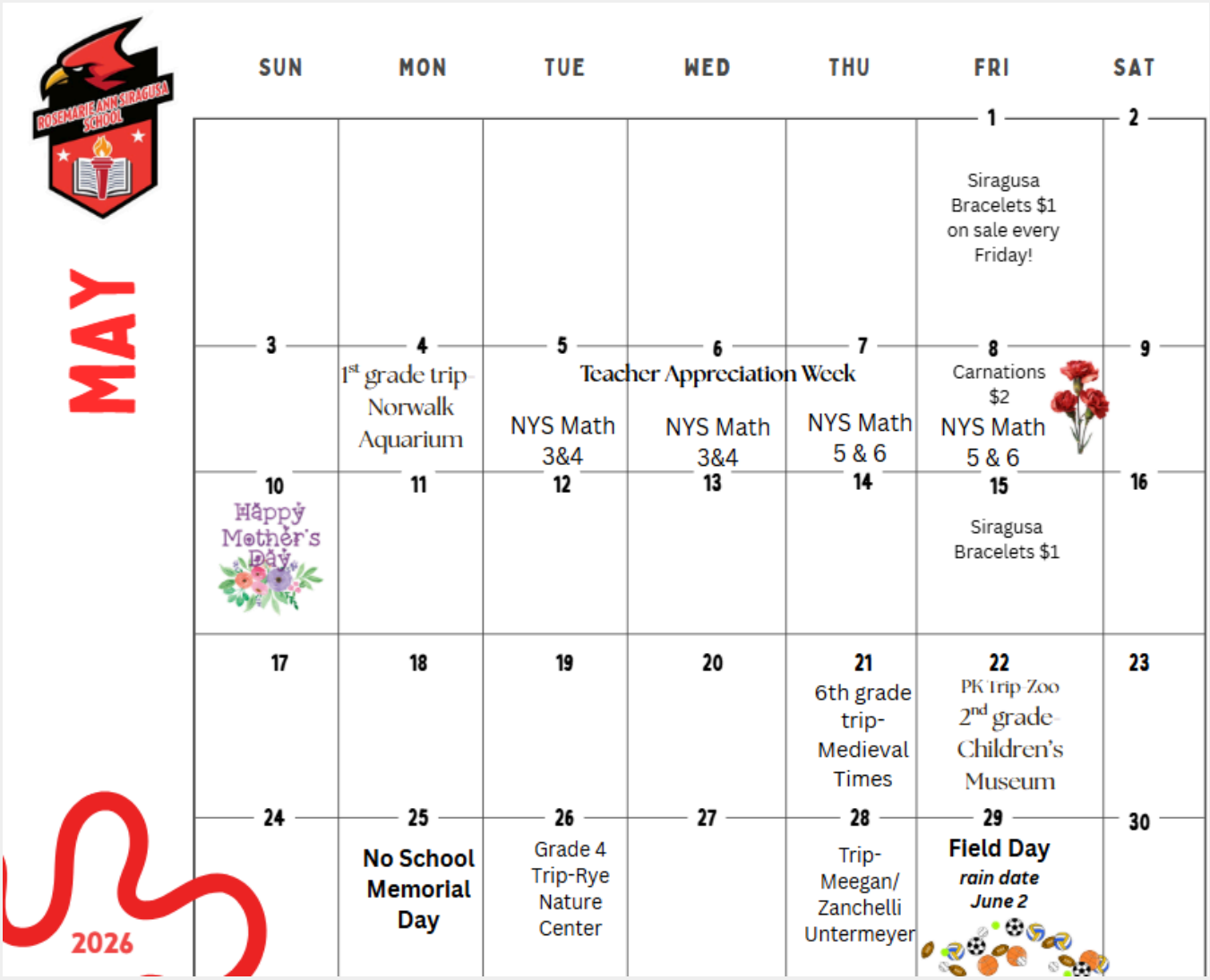
BY PRINCIPAL MS. VANCOL *PBIS THEME: GRATITUDE*



MAY IS MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month is a time to recognize how important emotional well-being is for children and families. Just like physical health, mental health affects how children learn, build relationships, and handle everyday challenges. For students in PreK through 6th grade, these early years are especially important for developing healthy habits, coping skills, and a strong sense of self.

Here are some tips from The American Academy of Pediatrics, CDC, and the National Association of School Psychologists:

1. **Build Connection Through Daily Check-Ins:** Even 5 minutes of one-on-one time makes a difference. Consistency matters.
2. **Teach Kids to Name Their Feelings:** Young children often act out what they can't express. Help them label their emotions and model it yourself. This builds awareness.
3. **Set Healthy Screen Limits:** Too much screen time can affect attention and mood.
4. **Protect Sleep Routines:** Sleep has a huge impact on mood, behavior, and learning.
5. **Normalize Asking for Help:** Let children know it's okay to talk to a trusted adult when something feels overwhelming. This reduces stigma.
6. **Model Healthy Coping:** Kids learn by watching. When parents manage stress in healthy ways (deep breathing, talking things out), children pick up those skills too.

Supporting children's mental health doesn't require perfection-just consistent care and connection.

PTA Updates

HELP US MAKE FIELD DAY AMAZING!

1. **VOLUNTEER FOR FIELD DAY- WE NEED VOLUNTEERS FOR THE PTA POPCORN/WATER STATION, FOR CLASSROOM HELPERS, AND FOR OTHER EVENTS**

1. **WE NEED 1-2 LARGE TENTS FOR SHADE**



EMAIL PTASIRAGUSA@GMAIL.COM OR SIGN UP AT: HTTPS://FORMS.CLOUD.MICROSOFT/R/BA5AGXWGGJ

ATTENDANCE MATTERS!

Congratulations to Ms. Harrison's Class for 97% attendance!

NYS MONITORS SCHOOL ABSENCES. IT IS IMPERATIVE THAT STUDENTS ARE IN SCHOOL OR OUR SCHOOL CAN BE CITED FOR HAVING A HIGH CHRONIC ABSENTEEISM RATE.

ABSENCES THAT ARE EXCUSED:

- ILLNESS
- DEATH IN THE FAMILY
- COURT APPEARANCES
- MEDICAL APPOINTMENT
- RELIGIOUS OBSERVANCE

ABSENCES THAT ARE UNEXCUSED:

- FAMILY VACATIONS
- OVERSLEEPING OR MISSING THE BUS
- BABYSITTING YOUNGER SIBLINGS
- SHOPPING OR RUNNING ERRANDS
- HAIRCUTS OR ROUTINE APPOINTMENTS
- NON SCHOOL SPORTING EVENTS
- PERSONAL RECREATION
- EXTENDING WEEKENDS OR HOLIDAYS

BRIGHT FUTURES BEGIN WITH GOOD SCHOOL ATTENDANCE.
MISSING JUST A FEW DAYS OF SCHOOL A MONTH CAN HURT A CHILD'S MATH AND READING SKILLS.