



## Summer a time for rejuvenation

By Dawn Whiteside  
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The 2021-2022 school year has finally come to an end. I am sure that some students had tears of joy and some had tears of sadness as they left the buildings.

With final meetings and trainings behind you, it's time to enjoy summer. Summer is a great time for self-care and to recharge. Here are a few ideas for creating your summer self-care plan.

Think of these areas: physical, emotional, social and practical activities.

Physical activities include eating a healthy diet, trying some new relaxation techniques, time away from technology, exercising regularly for 30 minutes and dancing. Consider having a dance party with your littles.

Emotional activities include developing

friendships that are supportive, being kind to yourself, writing down three good things that you do each day and talking to a friend about how you are coping.

Social activities could include talking to your friends online or finding an online support group, taking part in a photography challenge with friends, creating a playlist with friends and joining a local group of your choice.

Practical activities would include organizing your day (showering and getting dressed, even if it's to have a pajama day), setting goals for the future and learn a new language. Check out the free app Duolingo to find a language that speaks to you.

The main idea is that you must take care of yourself before helping others. Your families need you and the students will need you next school year.

For more ideas, go to [annafreud.org](http://annafreud.org).

### Helping others

We will continue to collect new or gently used Crock-Pots for families experiencing homelessness. We have a simple cookbook that Kierston and Tess created to go with the pots. This will allow families living in hotels to have a home-cooked meal. When the meal is cooking, the aroma may remind the family of better times and lift their spirits, in addition to them enjoying a home-cooked meal together.

At a Continuum of Care meeting, we discussed doing a count of families experiencing homelessness in our county in August. We want to be able to help as many families as possible and make sure they have everything that they need until they can find permanent housing. Please contact me if you would like to be a part of this.

### RESOURCE CORNER



Check out these resources on attendance:

[Student and Adult Well-Being Are Key to Positive Conditions for Learning](#)

[Showing Up Matters for R.E.A.L.](#)

[Three-Tiered System of Intervention](#)

[Year-Long Planning](#)

[Parent Institute for Quality Education](#)

[Webinars](#)



LEARNING TO BRIDGE THE GAPS | Dawn Whiteside, McKinney-Vento liaison, conducted a Bridges Out of Poverty seminar at the ESC last month.