



Lack of sleep hurts homeless students

By Dawn Whiteside
McKinney-Vento liaison



Of course, we all like to start the new year with resolutions and want to stick with them. I recently read an article in *The (Toledo) Blade* by Shawn Grime, a school counselor.

Grime addressed the need for sleep for high school students. The article discussed the important role that sleep plays in academic success and intellectual stamina and how it also helps in brain functions such as emotional regulation, social interaction and behavior management.

I agree with the article, the importance of sleep and the role that it plays in children's lives. I would like to take it a step further and ask everyone to think about the children and young adults who don't have a permanent place to sleep every night and how that affects their academic success and intellectual stamina but also brain functions such as emotional regulation, social interactions and behavior



Photo by John Cameron on Unsplash

management.

Homelessness can have a tremendous impact on children's education, health, sense of safety and overall development.



Community United Methodist Church held an open forum on homelessness last week, with more than 45 people in attendance.

Mark Denniston, Outreach Ministries director, and Pastor Marie Smith led the forum. It was wonderful to see so many people with

ideas and ways to help.

As the ideas and stories began to flow a decision was made to host another forum to continue the conversation about how to address homelessness in Pickaway County.

Updates will be passed along when available.



The new year seems like a good time for a McKinney-Vento Act refresher.

This act provides rights and services to children and youth experiencing homelessness, which includes those who are: sharing the housing of others because of the loss of housing, economic hardship or a similar reason; staying in motels, trailer parks (not a mobile home that meets guidelines to live in) or campgrounds because of the lack of an adequate alternative; staying in shelters or transitional housing; or sleeping in cars, parks, abandoned buildings, substandard housing or similar settings.

Learn more at <https://schoolhouseconnection.org/mckinney-vento-act>.

COMMUNITY CUPBOARDS |
With the rising prices of most items, it has become more difficult to provide for families. Consider Community Cupboards of Pickaway County as a resource. There are 21 outdoor food cupboards for those in need. Those who can are asked to visit one or more cupboards and add non-perishable food or toiletries. Items in greatest demand are cereal/toaster pastries, powdered/evaporated milk, crackers, soups, tuna fish, canned chicken and canned pastas. Food and toiletries can be donated to any of the cupboards in Pickaway County. There are two drop-off locations where non-perishable food and toiletries can be left and will be



picked up by volunteers and distributed to the cupboards. Those locations are Ashville Apothecary on Route 752 and Circleville Apothecary on North Court Street. You can follow Community Cupboards of Pickaway County on Facebook for additional information.

Mark calendar to attend free parenting series

The free Triple P parenting series that started last fall will continue in February and March at two locations.

Scheduled for 5:30-7:30 p.m.

Thursdays, sessions will take place Feb. 9, 16 and 23, and March 9 and 23 at the main library in Circleville, 1160 N. Court St.

Scheduled for 5-7 p.m. Mondays, sessions will take place Feb. 13 and 27, and March 6, 13 and 27 at the Floyd E. Younkin Branch, 51 Long St. in Ashville.

Incentives and books are included.

The series is free but advance registration is required.

Call Dawn Whiteside at (740) 474-7529, Ext. 1430 or e-mail dawn.whiteside@pickawayesc.org

Space is limited to 15 attendees.