

# April Student Services Newsletter

## April is Stress Awareness Month!

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. Even positive life changes produce stress. Stress becomes negative when a person faces continuous challenges without relief or relaxation between stressors. As a result, the person becomes overworked, and stress-related tension builds. Learning to manage stress is important to leading happier and healthy lives.

## April is Child Abuse Prevention Month!

Child Abuse Prevention Month was created because child abuse and neglect was both widespread and too often invisible. "Our children are our future" may be a cliché, but it's still true that the more adults can have a positive impact on a child's experiences, the stronger society will be. A safe, stable, and nurturing environment can have a proven positive effect on brain development. Research shows that children who suffer from the prolonged stress of abuse and neglect tend to struggle in their behavioral, physical, and cognitive abilities. The effects of early trauma tend to continue through generations. In contrast, experiencing support in early childhood can prevent or even reverse the damaging effects of early life stress, with lifelong benefits for a young person's learning, behavior, and health. Whatever seeds have been planted, or not planted, will affect a person's health, ability to learn, and ultimately, earning power.

## Developmental Guidance Theme for April is – Empowerment

The meaning of **empowerment** is having the knowledge, confidence, means, or ability to do things or make decisions for oneself. During their school years and when they move into adult life, children will need to rely on their inner strength and sense of self-belief to meet and overcome difficulties. It is our goal to empower students by surrounding them with a community of support to stay in school and achieve in life.

## Student Services Date(s) to Remember:

### April 12<sup>th</sup>- PARTY WITH THE PEEPS @ CMHS

-Come enjoy this FREE community event full of fun activities, prizes, music, and much more fun for all ages. Pizza and Punch will be provided. 4:00-6:00 PM.

## Self-Care Tip of the Month: Put your phone on airplane mode

You do not have to totally ditch your phone to give yourself a mental break. Instead, occasionally switch it onto Airplane Mode so you won't receive a bunch of texts and calls. A little tuning out will do you a world of good.

**"You are the greatest project you will ever work on!"**



**THE 5 STEPS TO**  
*help your students*  
**HANDLE THEIR STRESS**

- 1 Identify what causes them to feel stressed.
- 2 Explore ways in which stress manifests itself.
- 3 Determine what actions they can control.
- 4 Explain the history of stress and why it is important.
- 5 Create a plan of action to deal with stress in the future.

 [www.teachersresourceforce.com](http://www.teachersresourceforce.com)

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