

# Class Acts of Kindness

## Coping Skills

State assessments can cause stress for students and teachers. Stress can be difficult to define because what's stressful to one is not always stressful to another and everyone's reactions to stress are different. If your goals include helping kids and teens identify stress, make safe and healthy plans to manage stress, yet still accomplish their goals; consider these [helpful tips](#) to create resilient and capable mindsets to help them move forward when stress sets in. These mindful, creative, grateful and kindness tools can help remind kids to focus on the positive.

## FREE Income Tax Assistance

Even students working part-time need to file income tax returns by April 15. **Free Assistance** is available in Marshall County! By Appointment ONLY.

This service is sponsored by Retired & Senior Volunteer Program (RSVP) of NE Kansas and in cooperation with K-State Research and Extension in Marshall County. It is available to all ages, low to moderate incomes families and individuals—earning up to \$60,000. Contact Jenny Mathewson at RSVP, 785-562-2154 or Susie Latta, Marshall Co. Extension Agent, at 785-562-3531 for more information and to set up an appointment.

## April is Autism Acceptance Month

Autism Awareness Month was renamed Autism Acceptance Month in 2021 to foster acceptance and ignite change for people living on the spectrum. The goal is to build a culture where autistic individuals are embraced and supported to achieve the highest quality of life possible. Chances are you know some students on the Autism Spectrum. Autism is the fastest-growing developmental disorder. There are approximately 70 million recognized cases of autism worldwide, making it essential that we learn more about it and spread awareness and acceptance. Accept Autism with Love. This month reminds us to be empathetic, warm, and welcoming to autistic students and families on this journey. Consider reading books about Autism. A key mission of Autism Acceptance Month is to educate the new generation in fostering acceptance and kindness towards the autistic community. "Ella Autie," a story of a 4th grader battling society with autism is a great way to educate young students during this month and start important conversations about Autism Acceptance.



## FAMILY ADVOCATE SCHEDULE

### MONDAY

Valley Heights

### TUESDAY

Waterville/Blue Rapids  
(except Riverside Market 1st Tuesday)

### WEDNESDAY

Frankfort

### THURSDAY

Centralia  
(except Harvesters 2nd Fridays)

### FRIDAY

Valley Heights



## CARE BUS SCHEDULED EVENTS

### APRIL 2023

APRIL 4 RIVERSIDE MARKET 10AM-2PM

APRIL 14 HARVESTERS Centralia 10AM

APRIL 18 HARVESTERS in WV 10AM

### MAY 2023

MAY 2 RIVERSIDE MARKET 10AM-2PM

MAY 12 HARVESTERS Centralia 10AM

MAY 16 HARVESTERS in WV 10AM



Families and students in USD380 & USD498 are served based on need, not on income. **IT TAKES A VILLAGE...**

**JAYNE WHITSON, FAMILY ADVOCATE 612-202-7366**



**Schools  
that Care**

