NEWSLETTER

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OCTOBER 2026

BUILDING RESILIENCE: SUPPORTING OURSELVES & ONE ANOTHER

October brings changing seasons, changing routines, and often a very busy stretch of the school year. By this point, the excitement of a new school year has settled into homework, activities, work responsibilities, family schedules, and the everyday demands of life. For some, this time of year can be energizing; for others, it can bring increased stress and exhaustion.

This month is an opportunity to pause and check in— not only with ourselves, but with the people around us. Building resilience does not mean avoiding stress or difficult experiences. It means developing the relationships, skills, and support systems that help us navigate them.



MENTAL HEALTH CHECK-IN: HOW ARE YOU REALLY DOING?

Sometimes we become so focused on getting through the day that we forget to check in with ourselves. Stress can build gradually, and we may not recognize how much we're carrying until we begin feeling overwhelmed, exhausted, irritable, or disconnected. A simple check-in can help us notice what we need before stress becomes too much.

Try asking yourself:

- How am I feeling physically? Am I tired, tense, restless, or energized?
- How am I feeling emotionally? Am I calm, frustrated, anxious, overwhelmed, or disconnected?
- What has been taking up most of my energy lately?
- What is one thing I need more of right now?
- Who is someone I can reach out to if I need support?

There is no right or wrong answer. The purpose is simply to notice. Taking a few minutes to check in with yourself can make it easier to recognize when you need rest, connection, a change in routine, or additional support.

FAMILY CONNECTION - CREATING CALM IN A BUSY SEASON

Fall can be a particularly busy season for families. Between school, sports, work, appointments, activities, and changing schedules, finding time together can be difficult.
Family connection doesn't have to involve a big activity or a perfectly planned evening. Small, predictable moments can be just as meaningful. Try creating one simple family connection routine:

- Eat one meal together without phones.
- Take a short walk after dinner.
- Have a weekly family game night.
- Ask everyone to share one high point and one challenge from their day.
- Spend 15 minutes together before bedtime.
- Let children choose a simple weekend activity.
- Take advantage of fall weather for an outdoor activity.

The goal isn't to add another thing to the schedule. It's to create moments where family members can slow down, talk, laugh, and simply be together.

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RESILIENCE IS BUILT THROUGH CONNECTION - YOU DON'T HAVE TO DO IT ALONE

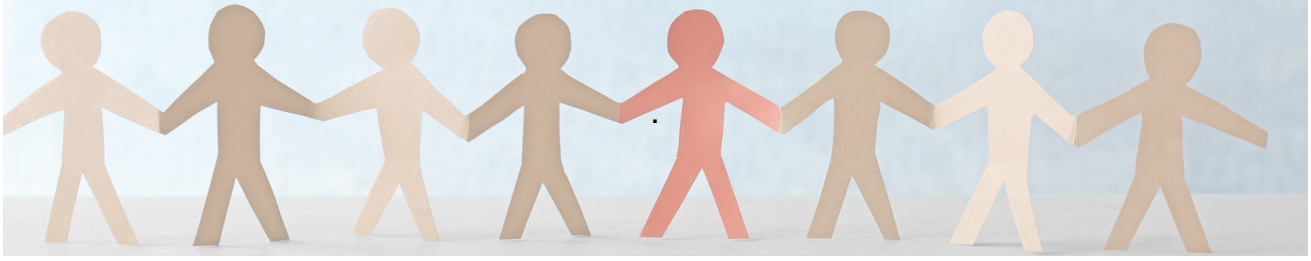
When life becomes stressful, our first instinct may be to withdraw or try to handle everything on our own. But strong relationships are one of the most important sources of support we have.

Connection can look different for everyone. It might be talking with a friend, spending time with family, checking in with a coworker, asking a trusted adult for help, or simply sitting with someone who needs company.

For children and young people, supportive relationships with parents, educators, coaches, mentors, and other trusted adults can be especially important. A young person does not always need an adult to have the perfect answer. Sometimes they simply need someone who will listen and let them know they are not alone.

This month, consider making connection intentional:

- **Check in**. Ask someone how they are doing—and give them time to answer.
- **Listen**. Resist the urge to immediately fix the problem. Sometimes being heard is the first step.
- **Reach out.** If you've been thinking about someone, send the text or make the call.
- **Show up**. Consistent, caring relationships are built through small moments over time.



COMMUNITY CONNECTION - SMALL ACTS CAN MAKE A BIG DIFFERENCE

Healthy communities don't happen by accident. They are built when people look out for one another and create spaces where everyone feels welcome and valued.

October is a great time to find simple ways to get involved in your community. Attend a local event, support a local organization, volunteer, check on a neighbor, or introduce yourself to someone new. For young people especially, community involvement can create opportunities to develop confidence, discover interests, build relationships, and feel a greater sense of belonging.

Ask yourself:

- Where do I feel connected?
- Where could I become more involved?
- Who in my community might need a little extra support?

Sometimes strengthening a community begins with one small interaction.

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NATIONAL BULLYING PREVENTION MONTH
CREATING COMMUNITIES WHERE EVERYONE BELONGS

October is National Bullying Prevention Month—a time to bring greater awareness to bullying and encourage schools, families, and communities to take an active role in creating environments where everyone feels safe, respected, and included.

Bullying prevention is about more than addressing incidents after they happen. It is also about building a culture where kindness, empathy, inclusion, and healthy relationships are part of everyday interactions. When children and adults understand what it means to be a good friend, recognize when someone may need support, and know how to respond when they see bullying, everyone plays a role in creating a more connected community.

What Can We Do?

Small actions can make a big difference:

- Teach children the difference between being a bystander and being an upstander.
- Encourage students to include others and look for classmates who may feel left out.
- Talk openly about kindness, empathy, respect, and healthy friendships.
- Help children practice what they can say or do when they see someone being treated unkindly.
- Create safe opportunities for students to talk about their experiences and concerns.
- Reinforce that asking a trusted adult for help is a sign of strength—not tattling.







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LOOKING FOR SUPPORT IN YOUR SCHOOL OR COMMUNITY? PROJECT FRONTIER CAN HELP!

Project FRONTIER offers presentations focused on being a good friend, building positive relationships, and creating more connected communities. These presentations can be brought directly to schools, classrooms, groups, or community settings and can be tailored to the age and needs of your participants.

Whether you're looking for a bullying prevention presentation, a classroom conversation about friendship, or an opportunity to strengthen relationships within your community, we'd love to help you get the conversation started.

Interested in bringing a Project FRONTIER presentation to your school or community? Reach out to projectfrontier@nkesc.org to learn more about available topics and scheduling.

Check in. Listen. Connect. Support.

We all have a role to play in creating families, schools, and communities where people feel seen, valued, and supported.

Remember, you don't have to have everything figured out. You just have to know that you don't have to navigate it alone.

A REMINDER FOR THE SEASON

As the days get shorter and schedules continue to fill, remember that **taking care of your mental wellness is not something you have to earn**. Rest, connection, asking for help, and making time for the people and activities that matter are all important parts of staying well. And if someone around you seems to be struggling, don't underestimate the power of simply reaching out.

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