



Connection Corner

The Power of Connection

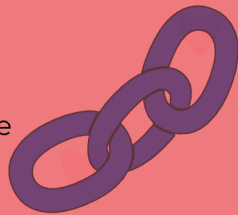
*"Connection is why we're here; it is what gives purpose and meaning to our lives."
- Brené Brown*

Why Connections Matter

Healthy connections help reduce stress, increase engagement, and create environments where people can thrive. When families, schools, and communities work together:

- Students feel safer and more supported
- Families feel empowered and informed
- Educators and school staff feel connected and valued
- Communities grow stronger and more resilient

Connection doesn't require big actions—often, small, consistent actions make the biggest impact.



Growing Connections This March

As we move into March, we're reminded that connection—like spring—grows with intention, care, and consistency. Strong relationships across families, schools, and communities create a sense of belonging that supports well-being, learning, and resilience for everyone.

This month, we're focusing on **building and strengthening connections** that help individuals feel supported, valued, and seen.



Strengthening Family Connections

Families are a child's first community, and intentional time together helps build trust and emotional safety.

Try one of these this month:

- Schedule time together each week (as simple as a sit down meal at home)
- Ask open-ended questions like, "What was the best part of your day today?"
- Create simple routines that encourage togetherness (reading, walking, or game nights)

Strong family connections lay the foundation for healthy coping skills and emotional growth.



@projectfrontiernkesc



www.projectfrontier.org



projectfrontier@nkesc.org



Connection Corner

The Power of Connection Continued...

Building School Connections

Schools are more than places of learning—they are communities. Every adult in a school plays a role in shaping a welcoming, supportive environment.

Ways to strengthen school connections:

- Greet students and colleagues by name
- Celebrate effort, not just outcomes
- Encourage collaboration among staff
- Create safe spaces for students to share concerns

When students feel connected to at least one caring adult at school, their sense of belonging and engagement increases.



At Project Frontier, we support individuals, families, schools, and communities by strengthening connections and promoting mental well-being. If you or someone you know are interested in learning more about what we have to offer, we encourage you to reach out. Together, we grow stronger—one connection at a time.

Email: ProjectFrontier@nkesk.org Phone: 785 672 3125

March Connection Challenge

This month, challenge yourself to make **one intentional connection each day**:

- Send a kind message
- Offer encouragement
- Listen without distractions
- Thank someone for what they do

Small moments of connection can create lasting impact.



Community Connections Count

Communities thrive when people feel connected and supported. Partnerships between schools, families, and community organizations expand the safety net for individuals of all ages. Consider:

- Supporting local programs or events
- Volunteering time or resources
- Checking in on neighbors, colleagues, or friends

Strong communities are built through compassion, collaboration, and shared responsibility.

