



NEWSLETTER

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FEBRUARY 2025

FOSTERING AWARENESS AND KINDNESS

WATCH FOR MONTHLY
NEWSLETTERS!



Welcome to our February Newsletter!

This month, we focus on essential themes that impact our students and community.

From promoting healthy relationships to fostering kindness and mental wellbeing, February offers many opportunities for growth and connection.

Join us in engaging in initiatives that inspire positive change and support for all.



FEBRUARY: SPOTLIGHT ON TEEN DATING VIOLENCE

Teen Dating Violence Awareness Month is an initiative aimed at educating teens about the dynamics of healthy relationships and empowering them to identify and avoid abusive situations. Startling statistics show that one in three teens in the U.S. faces abuse in a dating context. It is crucial to raise awareness and provide vital resources.

How to Talk with Teens About Dating Violence:

- **Open Communication:** Encourage teens to talk about their relationships. Ask open-ended questions and listen without judgment.
- **Educate Them on Healthy Relationships:** Discuss the characteristics of healthy versus unhealthy relationships, such as mutual respect, trust, and open communication.
- **Recognizing Signs of Abuse:** Help teens identify warning signs of abuse, such as excessive jealousy, controlling behavior, or isolation from friends and family.
- **Providing Support:** Teach teens how to support friends who may be in abusive situations, including listening, believing them, and encouraging them to seek help.
- **Resources and Help:** Share information about resources like hotlines and support services. In Kansas, the Kansas Crisis Hotline can be reached at 1-888-363-2287 for support and assistance.

These discussions aim to empower students to recognize and address unhealthy relationship dynamics constructively.



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CHILDREN'S MENTAL HEALTH WEEK: "LET'S CONNECT!"

From February 3-9, we observe **Children's Mental Health Week**, highlighting the theme "Let's Connect". This week emphasizes the power of connections in promoting mental wellbeing. Strong relationships with family, friends, and the community are crucial for mental health. During this week, we encourage activities designed to help children build and strengthen these connections. Start these habits now, but remember they are valuable practices to continue beyond the week.

Example Activity:

- **Family Story Time:** Set aside time each day to read a book together. After reading, discuss the story and share thoughts or feelings about it, enhancing communication and bonding.

Strategies to Manage Stress and Emotions:

- **Mindfulness Exercises:** Encourage practices like deep breathing or guided meditation to help children manage stress.
- **Creative Expression:** Use art, music, or writing as outlets for children to express their emotions.
- **Physical Activity:** Promote regular exercise, such as walking or playing sports, to help reduce stress and improve mood.

Let's work together to create an environment where mental health is prioritized and supported.

'TIME TO TALK DAY'

Join the Conversation on 'Time to Talk Day' (February 6th) a day dedicated to encouraging open, honest conversations about mental health.

This day is a reminder of the importance of breaking down the stigma that often surrounds mental health issues and fostering a supportive community. By engaging in meaningful discussions, we can promote a culture of understanding and empathy. We encourage everyone—students, staff, and parents—to take part by initiating conversations with friends, colleagues, or students.

Conversation Starters:

- "What are some things that help you relax or feel at ease when you're stressed?"
- "How do you usually cope when you're having a tough day?"
- "Is there anything I can do to support you?"





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SPREADING JOY: RANDOM ACTS OF KINDNESS WEEK (FEBRUARY 14TH – 20TH)

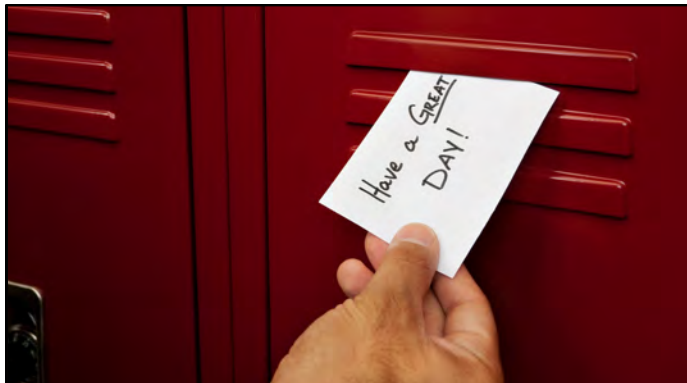
Join us in celebrating Random Acts of Kindness Week, a time to spread positivity and joy throughout our community. This week is a reminder that small acts of kindness can have a significant impact, not only on those who receive them...but also on those who perform them.

Kindness enhances our sense of community and wellbeing.

Daily Kindness Challenge:

- Monday: Write a heartfelt thank-you note to someone who has made a difference in your life.
- Tuesday: Make it a point to hold the door open for someone, spreading a little extra courtesy.
- Wednesday: Take a moment to pick up litter, helping keep our environment clean and beautiful.
- Thursday: Sit with someone new or reach out to a neighbor, fostering inclusivity and connection.
- Friday: Share a favorite book or game with a friend or family member, encouraging sharing and bonding.

Let's work together to make kindness a daily habit, enriching our lives and the communities we are part of.



MORE RESOURCES

Explore these links for more information and ways to get involved:

- [Teen Dating Violence Awareness: Love is Respect](#)
- [Time to Talk Day: Time to Change](#)
- [Children's Mental Health Week: Place2Be](#)
- [Random Acts of Kindness Week: Random Acts of Kindness Foundation](#)

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