

Creating Systems & Supports for your Child's Mental Health

August 24, 2023

Valuable tools, strategies, and information from middle and high school educators, students, and parents to support your child's transition back to school and throughout the year. Hosted by West Hartford Public Schools and Community of Concern.

RECORDING

<https://youtu.be/OsN2XupzpgQ>

SURVEY

We want your feedback! Please answer a few questions about this program, thanks!

<https://forms.gle/DjUAFWiECEWgUymg6>



Panelists:

Students - Zoe Decker, 8th grader & **Isabella Tamborello-Noble**, Sophomore

Tor Fiske, Conard Assistant Principal, tor_fiske@whps.org

Rebecca Lewis, Sedgwick History Teacher, Conard Boys Soccer Coach, rebecca_lewis@whps.org

Jocelyn Taborello-Noble, Conard Assistant Principal, Conard parent, jocelyn_tamborellonoble@whps.org

Rebekah Seaton, Conard parent, Community of Concern, whcommunityofconcern@gmail.com

RESOURCES

[Back to School Resources, National Alliance for Mental Illness](#)
[Teens and Mental Health, National Alliance for Mental Illness](#)

When Should I Seek Help for My Child?

Chris Dutton, Clinical Director of Community and School Services at the WH Bridge Family Services

How can I support you? A teen mental health primer Harvard Graduate School of Education

- [WHPS Mental Health Resources](#)
- [West Hartford CARES Crisis & Community Resources](#)
- [Therapists in Connecticut, Psychology Today](#)
- [CT Therapists and Healing Practitioners of Color](#)
- [Hartford Area LGBTQ+ Resource List of Therapists, Support Groups, and Hotlines](#)
- [Text "HOME" or "AYUDA" to 741741 to connect with a Crisis Counselor](#)

Adopted by Board of Education
on May 16, 2023

TOTAL DAYS: 182
First semester - 91
Second semester - 91



Mr. Paul W. Vicinus Jr.
Superintendent

School Calendar - 2024-2025

First Semester 91 Days						Second Semester 91 Days					
AUGUST (3)						JANUARY (6)					
M	T	W	TH	F		M	T	W	TH	F	
19	20	21	22	23						24	
(26)	(27)	{28}	29	30		27	28	29	30	31	
SEPTEMBER (20)						FEBRUARY (18)					
M	T	W	TH	F		M	T	W	TH	F	
(2)	3	4	5	6		3	4	5	6	7	
9	10	11	12	13		10	11	12	13	14	
16	17	18	19	20		(17)	(18)	19	20	21	
23	24	25	26	27		24	25	26	27	28	
30											
OCTOBER (21)						MARCH (21)					
M	T	W	TH	F		M	T	W	TH	F	
	1	2	(3)	4		3	4	5	6	7	
7	8	9	10	11		10	11	12	13	14	
(14)	15	16	17	18		17	18	19	20	21	
21	22	23	24	25		24	25	26	27	28	
28	29	30	31			31					
NOVEMBER (17)						APRIL (17)					
M	T	W	TH	F		M	T	W	TH	F	
				(1)			1*	2	3	4	
4	(5)	6*	7	8		7	8	9	10	11	
11	12	13	14	15		(14)	15	16	17	18	
18	19	20	21	22		21	22	23	24	25	
25	26	27	(28)	(29)		28	29	30			
DECEMBER (15)						MAY (21)					
M	T	W	TH	F		M	T	W	TH	F	
2	3	4	5	6					1	2	
9	10	11	12	13		5	6	7	8	9	
16	17	18	19	20		12	13	14	15	16	
(23)	24	25	26	27		19	20	21	22	23	
(30)	(31)					(26)	27	28	29	30	
JANUARY (15)						JUNE (8)					
M	T	W	TH	F		M	T	W	TH	F	
		(1)	2	3		2	3	4	5	6	
6	7	8	9	10		9	10	11*	12	13	
13	14	15	16	17		(16)	(17)	(18)	(19)	(20)	
(20)	21	22	23*			(23)	(24)	(25)	(26)	(27)	
						(30)					
Important Dates						Legend:					
Teacher In-service Days Aug. 26-27						○ Teacher In-service Days					
(no school for students)						(no school for students)					
First Day of School Aug. 28						{ } First Day of School					
Labor Day Sept. 2						□ Holiday/Vacation					
Rosh Hashanah Oct. 3						* End of Quarter					
Indigenous Peoples' Day Oct. 14						◇ Snow Make-up Days, if needed					
Diwali Nov. 1											
Election Day Nov. 5											
(teacher in-service, no school for students)											
Veterans Day Nov. 11											
(school in session)											
Thanksgiving Recess Nov. 28-29											
Holiday Recess Dec. 23-Jan. 1											
Martin Luther King, Jr. Day Jan. 20											
Winter Recess Feb. 17-18											
(includes Presidents' Day on Feb. 17)											
Statewide Summative Assessments March-May											
Spring Recess April 14-18											
(includes Good Friday on April 18)											
Memorial Day May 26											
Last Day of School June 11											

The last day of school is scheduled for June 11.
All snow or emergency days will be made up after this
date in order to provide 182 instructional days.

School calendars are posted on the
West Hartford Public Schools website at
www.whps.org

Weekly Planner

Name : _____

Quote of the day : _____

Top Priorities :

Notes :

Monday - / -

Tuesday - / -

Wednesday - / -

Thursday - / -

Friday - / -

Saturday - / -



Better
Screen**Time**

BETTER **BACK-TO- SCHOOL** Checklist

TECH

KEEP TECH IN CHECK

- Create or revisit your family tech plan with your kids.
- Check with school admin about filters they have in place.
- Install filters or confirm filters are working at home.
- Share the EdTech triangle with your school district.

FAMILY

KEEP FAMILY TIES STRONG

- Schedule daily time outdoors.
- Honor screen-free spaces and times.
- Plan screen-free family activities each week.
- Have frequent talks about your family's values.

HOME

KEEP HOME HAPPY

- Gather school supplies in one handy location.
- Prepare a distraction-free and happy space for studying.
- Prepare screen-free activities for kids to do during downtime.
- Set up and use a charging station.