

Hallways to Health

Promoting Health in Schools



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Who We Are

The mission of the Bradshaw Institute for Community Child Health & Advocacy is to promote child and family wellness and advance child health through education and research by enhancing health literacy through high-quality health promotion programming.

Hallways to Health is the Bradshaw Institute’s school-based health promotion initiative. The goal of Hallways to Health is to improve the health culture of schools by teaching health education in the health room through the School-based Health Center as well as the school’s hallways, classrooms, cafeterias and into the surrounding

Health Promotion Through Messaging

Healthy students behave better, learn better, test better, and have more positive adult outcomes. As a place where students spend the majority of their waking hours outside the home, schools play an integral role in promoting child health. When everyone works together to create environments that support healthy eating, active living and social and emotional health, a positive school wellness culture is developed where all members of the school community can thrive. An effective school-wide wellness culture permeates every aspect of school life from the cafeteria to the teachers’ lounge, and from the school campus into the neighborhood.

Through our school-wide messaging campaign, the Bradshaw Institute is providing you with ready to distribute health and wellness messages that engage and inform everyone in the school community including students, faculty and staff, and parents. Hallways to Health messaging will highlight a different topic each month and utilize a variety of channels of communication including announcements, resources to staff and parents, and social media messages. This document contains all of the content, relevant materials, and directions on how to disseminate the messages in your school.

The Hot Topic: Mental Health

This month, we are focusing on the importance of mental health. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. That’s why we are encouraging students and staff to learn more about their own mental health. We will be sharing some helpful tips for different ways to practice self-care, mindfulness, improve self esteem, and cope with difficult emotions. Evidence shows that strong mental health can increase students’ performance in school and lead to more self awareness and higher self esteem in adulthood. Mental health matters too.



Daily Announcements—What You Can Expect

There are a total of 16 daily announcements for the month of April. Please read one announcement a day when your daily announcements are shared. Prior to the start of each week, the staff member in charge of the announcements will be sent a 1-page document with the set of announcements for the upcoming week.

Daily Announcements—Week 1

(Starts on Wednesday, April 1st)

- 1) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: We all know it is important to take care of our physical health, but we must be sure to take care of our mental health too. This month we're focusing on ways to monitor and improve our mental health because mental health matters too.
 - 2) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: When you go through puberty, your body starts producing hormones that cause it to change physically. But a lot of times these hormones cause emotional changes too. This might make you feel extra emotional or even emotionally out of control, but don't worry. Almost everyone experiences emotional mood swings during their teen years, so you're not alone. Mental health matters too.
 - 3) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: Most people will feel many different emotions throughout the day. Some feelings, like surprise, last just a few seconds. Others last longer, creating a mood like happiness or sadness. All emotions tell us something about ourselves and our situation. All emotions are normal and okay. What's important is learning how to manage and express your emotions. Mental health matters too.
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Daily Announcements—Week 2

(No school on Good Friday, April 10th)

- 1) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: Moods can influence how well we do in certain situations, but so can something else: our mindset. What's the difference between a mood and a mindset? Moods are the emotions we feel. A mindset is the thoughts and ideas that go along with that mood. Mood and mindset go hand in hand because our thoughts can influence our mood. That means, we can notice our mood and choose to move past it. Mental health matters too.
 - 2) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: Stress is that uncomfortable feeling you get when you're worried, scared, or overwhelmed. Stress might make your heartbeat fast or your palms feel sweaty. It's normal to feel stressed sometimes. But if you feel overly stressed to the point that it makes you feel physically sick, you could have an anxiety disorder. You may need help coping with your emotions. That's okay because mental health matters too.
 - 3) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: Everyone feels sad or discouraged sometimes. But if you feel sadness that lasts for days and even weeks, you might be suffering from depression. Depression can get better with the right attention and care, but if it's not treated things can stay bad or get worse. If you think you might be depressed, talk to a parent or other adult about getting help because your mental health matters too.
 - 4) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: A lot of people cope with their emotions by just ignoring their problems. This doesn't make them go away; usually they just get worse. Talking about the way that you feel with someone who listens and cares can help you feel more understood and better able to cope. It's important to know that you are not alone and that your mental health matters too.
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Daily Announcements—Week 3

Implementation tip: Spring Break! No school April 10th—April 20th

- 1) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: What is self-care? Self-care looks different for everyone, but it is a skill that helps you focus on talking care of yourself and improves your mental and physical health. The word SELF can be used as an acronym to remind you how to practice SELF care. It stands for sleep, exercise, leisure, or fun activities, and food. Take care of yourself because your mental health matters.
- 2) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: The S in self-care stands for sleep. Most kids your age aren't getting enough sleep. Your brain needs sleep to function properly and not getting enough sleep can cause you to feel anxious, irritable, forgetful, and even depressed. Take care of yourself by getting nine hours of sleep each night because your mental health matters too.
- 3) Here is your daily Hallways to Health from your friends at the Prisma Health Bradshaw Institute School-based Health Center: The E in self-care stands for exercise. Physical activity helps the brain produce natural chemicals that promote a positive mood. Exercise also can release stress buildup and help you from staying stuck on negative feelings. Take care of yourself by moving your body for at least sixty minutes every day because your mental health matters too.
- 4) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: The L in self-care stands for leisure. This is a fancy word for things that you enjoy doing. Taking time out of each day to do something that makes you happy is important and can drastically enhance your mood. Whether it's taking a relaxing bubble bath, reading a book, riding a skateboard, or calling a friend for a chat, make time to do something that matters to you and remember, your mental health matters too.
- 5) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: The F in self-care stands for food. Did you know that the foods you eat can impact your mood? People who eat mostly junk food have highs and lows in their energy level, which reduces their ability to reduce stress. Instead of eating greasy or sugary foods, eat more fruits, vegetables and whole grains. Take care of yourself by eating right because your mental health matters too.

Daily Announcements—Week 4

- 1) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: Be grateful! Many studies have found that people who think about what they are grateful for each day are happier. Here are two ways to practice gratitude: write down three things at the end of each day that you are thankful for or write "thank you" letters for people or places or things that you are grateful for. Mental health matters too.
- 2) Here is your daily Hallways to Health from your friends at the Prisma Health Bradshaw Institute School-based Health Center: Did you know it's possible to trick your brain into feeling calm and relaxed? Really! You can. Next time you find yourself in a frustrating or overwhelming situation take three deep breaths from your belly and tell yourself, "I'm safe. I can handle this. Keep breathing." Trust me; it works! Mental health matters too.
- 3) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: Avoiding negative feelings can backfire. It's hard to move past difficult feelings if you don't face them and try to understand why you feel that way. The best way to handle your emotions is to talk about them. If you're not ready to talk to someone you know, there are other ways to begin processing your emotions. Try writing about them instead. Check out the Hallways to Health bulletin board for hotlines and chatrooms you can also try because your mental health matters too.
- 4) Here is your daily Hallways to Health tip from your friends at the Prisma Health Bradshaw Institute School-based Health Center: Always remember, your mental health matters and your life matters too! If you're struggling with a problem of feeling emotionally exhausted, tell someone you trust what's going on. If you don't know who to talk to, you can visit the school based health center. They will listen to your problems and work with you to get the help that you need because your mental health matters.

Social Media Posts—What You Can Expect

For the month of April, you will be provided with 6 Facebook posts with images and links to outside resources. The images that you see throughout this document will be used for the social media posts. The message will note the corresponding image use for each post. **You will need to save the images in the document with the content for the posts to your computer or device and then upload them to Facebook in order to be able to post them. You can simply copy and paste the text for each post.** All of these photos will also be sent to you in a zip file.

Social Media Posts—Week 1

- 1) @GHSBradshawInstitute Hallways to Health Tip: The phrase “self-care” may bring up images of bubble baths and pedicures, but it’s actually a lot more than that. Self-care refers to intentionally engaging in practices and activities that reduce stress. Self-care can look really different for different people, but it is important for everyone. Click the link below to find out how you can prioritize self-care for you and your family. <https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-self-care/how-to-make-self-care-a-family-priority>

Social Media Posts—Week 2



IMAGE #1 Self care is NOT selfish

- 1) @GHSBradshawInstitute Hallways to Health tip: There is nothing selfish about self-care. Self-care can help you be a more engaged and effective parent. You’re likely to be more patient and have more positive interactions with your children. When parents practice self-care, it’s been shown that teens are encouraged to do the same, and take this positive habit into later life. So your self-care helps teach your children to better take care of themselves. [INSERT IMAGE #1 – Self care is NOT selfish)
- 2) @GHSBradshawInstitute Hallways to Health tip: As children grow into teenagers, it becomes more challenging for parents to know what they are thinking and feeling. When do the normal ups and downs of adolescence become something to worry about? It's important to learn about the factors that can put a teen at risk for depression and even suicide. You can learn more about teens and mental health by clicking the link below: <https://www.healthychildren.org/English/ages-stages/teen/pages/Mental-Health-and-Teens-Watch-for-Danger-Signs.aspx>

Social Media Posts—Week 3

- 1) @GHSBradshawInstitute Hallways to Health tip: 1 in 5 adolescents will suffer from depression, so it's good to know the warning signs. In this video, pediatrician Dr. Lisa Gilmer explains the differences between normal teenage mood-swings and depression. https://www.youtube.com/watch?v=w5FOObaR4iE&list=PLKYV5259WcZ0YVvKDoIDBzK_1k5HsxmDP9&index=5&t=0s
- 2) @GHSBradshawInstitute Hallways to Health Tip: Dealing with pressure and stress is no small challenge for a fully mature brain, much less one that’s in transition from childhood to adulthood. Stress may be a normal part of life at every age, but left unchecked long-term stress can contribute to a long list of physical and mental health problems for young adults. Learn more about ways that parents can assist kids in practicing healthy ways to cope with life’s stresses: <https://www.apa.org/topics/children-teens-stress>

Social Media Posts—Week 4

- 1) @GHSBradshawInstitute Hallways to Health Tip: During stressful or intense emotional moments, children may not have the coping skills to calm themselves down. Belly breathing is a calming exercise that both children and parents can practice to relax and feel grounded. Click the link to learn how to start belly breathing today: <https://www.pbs.org/parents/crafts-and-experiments/practice-mindfulness-with-belly-breathing>
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Bradshaw Backpack Bulletin—Parent Resources

In addition to social media posts, we want your students' parents to have access to health information in the same place where they get information about your school - on your website! Here is the Bradshaw Backpack Bulletin post for the month. We encourage you to copy and paste the content from this post and include it on your website for parents to see.

Post 1:

Bradshaw Backpack Bulletin

HEALTHY STUDENTS BEHAVE BETTER, LEARN BETTER, TEST BETTER, AND HAVE MORE POSITIVE ADULT OUTCOMES.

DEPRESSION DURING ADOLESCENCE IS MORE COMMON THAN YOU THINK: RECOGNIZING THE SYMPTOMS AND REACHING OUT TO GET HELP

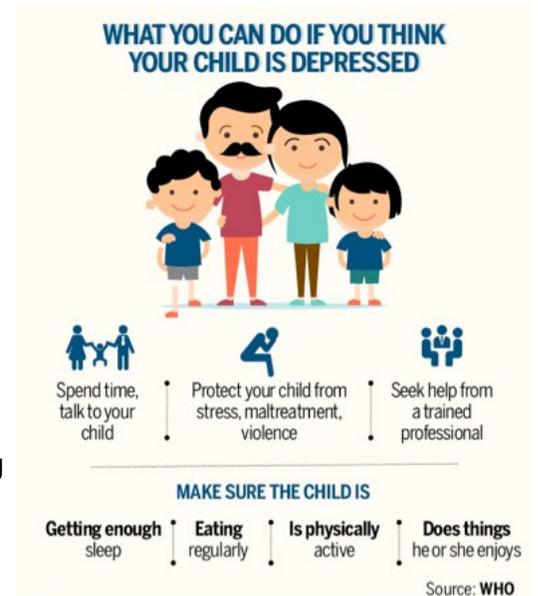
Young people are not immune to mental illness; 1 in 5 teens suffer from mental illness. In 2017, 13.1% of U.S. children ages 12-17 experienced depression at least one time throughout the year. Depression is one of the most common mental disorders among children and can occur even when it seems like there is no reason to be sad. Because depression can make it hard to enjoy life and may lead to thoughts of self-harm or suicide, it's important to recognize if your child is feeling depressed.

It's not always easy to know when your child is suffering from depression, but these are some common signs to look out for:

- Not enjoying the activities that used to make them happy
- A big change in sleeping or eating habits
- No energy or not feeling up to simple tasks
- Trouble focusing or making decisions. Grades may start to fall.
- Not wanting to be with family or friends
- Complaining of feeling sick with no diagnosable symptoms

Sometimes, these signs are just part of growing up and transitioning from a child to a young adult. However, if you notice that your child experiences these things every day or over a long period of time, you may want to reach out for professional help. Check out [these tips](#) on how to support your child when they're feeling depressed or

contact your family doctor for information about counseling or medication. If you're not currently connected with a medical home or primary care physician, your child can talk with a medical professional at school through the School Based Health Center as long as a signed consent packet has been turned in.



Hallways to Health

Promoting Health in Schools

PRISMA
HEALTHSM

STAFF CORNER

Healthy employees are more productive, have more energy, are better able to manage stress, and are more likely to model healthy behaviors. Along with messages for students and parents, Bradshaw Institute is providing you with information and resources on healthy living, too.

The Hot Topic: Mental Health

This month, we are focusing on the importance of mental health. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. That's why we are encouraging students and staff to learn more about their own mental health. We will be sharing some helpful tips for different ways to practice self-care, mindfulness, improve self-esteem, and cope with difficult emotions. Evidence shows that strong mental health can increase students' performance in school and lead to more self-awareness and higher self-esteem in adulthood. Mental health matters too.



Take care of your S.E.L.F

There is nothing selfish about self-care. Self-care is a skill that helps you focus on taking care of yourself, and it improves your mental and physical health. Self-care can help you be a more engaged and effective teacher. You're likely to be more patient and have more positive interactions with your students when you take time to care for yourself. The word SELF can be used as an acronym to remind you how to practice SELF care. It stands for sleep, exercise, leisure and food.

S is for sleep.

Healthy adults need between 7-9 hours of sleep each night to function at their full potential. Not getting enough sleep increases irritability and the risks for mental disorders like anxiety and depression. To improve your sleep, try eliminating distractions in the bedroom like phones, television, and whatever you do, don't grade papers in bed!



E is for exercise.

Exercise is the most important part of a plan to manage stress. When you are stressed, your body is saying, "Run!" So do it. Exercise every day to control stress and build a strong, healthy body. Adults need 150 minutes of physical activity weekly. You don't need a gym membership to get active: take the dog for a walk, do a little yard work, or have a solo dance party.



L is for leisure.

Taking time out of each day to do something that makes you happy is important and can drastically enhance your mood. This requires time management and prioritization. Schedule time each day to do something that fills your cup. It may be a yoga class or coffee with a friend. This is time for play and pleasure that will both relax you and rejuvenate you at the same time.



F is for food.

They don't say, "you are what you eat" for nothing. Your diet doesn't just impact you physically but mentally as well. People who eat mostly junk food have highs and lows in their energy level, which reduces their ability to reduce stress. Instead of eating greasy or sugary foods, eat more fruits, vegetables and whole grains. You'll feel better all around.



Mental Health Tips for Teachers



Teaching is one of the most stressful occupations in the country. Forty-six percent of teachers report high daily stress, which compromises their health, sleep, quality of life, and teaching performance. When teachers are highly stressed, students show lower levels of both social adjustment and academic performance. That is why it is so important for teachers to take care of themselves. Check out this video which highlights research from examining the causes and consequences of teacher stress.

[Teacher Stress & Health](#)

Take a Breather

Did you know it's possible to trick your brain into feeling calm and relaxed? Deep belly breathing slows the heart rate, lowers blood pressure, and sharpens the mind's ability to focus and learn by slowing down the amygdala and supporting the higher brain function taking place in the frontal lobes. One of the other benefits of deep belly breathing is the control it gives participants over their emotions, their learning, and their own lives. Try it out today!

- 1. Sit or lie flat in a comfortable position.**
- 2. Put one hand on your belly just below your ribs and the other hand on your chest.**
- 3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.**
- 4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.**
- 5. Do this breathing 3 to 10 times. Take your time with each breath.**
- 6. Notice how you feel at the end of the exercise.**

Students + Suicide Risk Factors

Mental disorders among young people are described as serious changes in the way children typically learn, behave, or handle their emotions, which cause distress and problems getting through the day. Adolescents are not immune to mental health issues. Up to one in five kids living in the U.S. shows signs or symptoms of a mental health disorder in a given year. So in a school classroom of 25 students, five of them may be struggling with the same issues many adults deal with: depression, anxiety, substance abuse. Likely as a result of this, the number of suicides in children ages 10-14 has more than doubled in the last decade, making it the second leading cause of death for young people. Although suicide is a complicated issue to combat because there are so many contributing factors that can affect a young person's mental health, it is important for all educators to be aware of some of the most common risk factors. These include things like losing interest in things one typically enjoyed, withdrawing from friends and family, angry outbursts, or acting recklessly. For more information on adolescent mental health and how to be a mental health advocate in your school [click here](#).

Check it out.... Give this TEDx Talk, [The Case for Wellness](#), on what educators can do to better support the mental health of their students a listen. Antonio Castro, a Licensed Clinical Social Worker, and the current Manager of the Department of Behavioral and Mental Health at the Colton Joint Unified School District in California, shares his personal story to illustrate the power of connection between a student and teacher.

Looking Ahead

Next month our friends at Safe Kids Upstate are taking over H2H to share safety tips to help keep you and your students safe this summer. Did you know unintentional injury is the leading cause of death and disability for children ages 1-19 years in the United States, and 40% of the deaths in this age group are caused by injury? That's one child every hour. Research shows that injuries are predictable. When we change our behavior, surroundings and policies, injuries can be preventable. Tune in next month to learn ways students, staff, and families can keep themselves and their loved ones safe this summer and all year long!

Contact Us

For more information, suggestion, or questions about Hallways to Health messaging, contact Hannah Aycock.

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