

"Welcome Back! Your Monthly Wellness Newsletter is Here"

We are thrilled to welcome you to a new school year filled with opportunities for growth, learning, and community engagement. As we embark on this exciting journey together, we are pleased to introduce our new monthly Wellness Newsletter.

This newsletter is designed to keep you informed and engaged with all that's happening in our school community. Each month, we will highlight key events, important announcements, and various opportunities for both students and families. Our goal is to ensure that everyone is connected and informed about the latest updates and resources available.



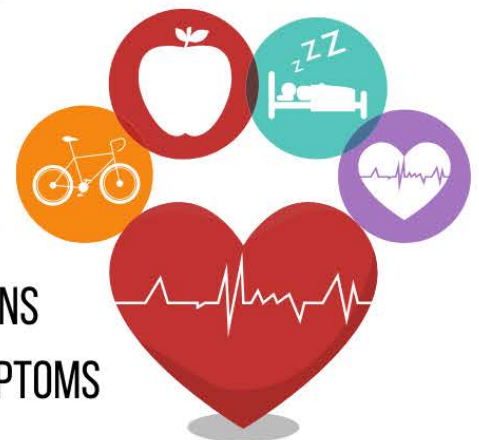
In addition to school news, the Wellness Newsletter will feature valuable insights and tips on maintaining and enhancing overall well-being. We believe that a focus on health and wellness is essential for achieving success both inside and outside the classroom. We look forward to sharing this journey with you and hope that you find the newsletter to be a valuable resource. Here's to a fantastic year ahead filled with growth, success, and well-being!

"Everyday Counts!"

Our theme this year is "Everyday Counts!" Regular attendance is crucial for students to learn, grow, and achieve their goals. While we value daily attendance, we also prioritize students' well-being.

It can be challenging to decide whether to send your child to school or not, so here are some guidelines to take into account! Do not send your child to school if they have or have had the following symptoms in the last 24 hours.

- ! FEVER
- ! VOMITING
- ! DIARRHEA
- ! ACHES OR PAINS
- ! ANY FLU SYMPTOMS



- ! THICK YELLOW OR GREEN DISCHARGE FROM NOSE OR MOUTH
- ! RASH OR SKIN ERUPTION ANYWHERE ON BODY
- ! HEADACHE (IF INTERFERING WITH ABILITY TO PARTICIPATE IN SCHOOL)

Green Tree 2024 ~~PARIS~~ Summer Olympics



Paris, who?! The world may not have been watching, but our students were busy competing, winning medals, and earning certificates for their outstanding achievements during the ESY Summer Olympics. Empower Students Year-round (ESY) is an innovative educational program created to inspire and engage students beyond the traditional school year.

Our vision was to foster a culture of lifelong learning, excellence and teamwork, mirroring the Olympic values. With that, our goal was not only to create a fun and exciting program, but to ensure that every physical activity could be modified to accommodate the unique abilities of all our students. Making inclusion a priority allowed each of them to shine in their own way!

Many of our staff tapped into their inner athlete and fully immersed themselves in the physical activities. Whether participating in relays, cheering on students, or simply sharing in the excitement, the commitment to engaging wholeheartedly helped ensure that the ESY Summer Olympics was not just an event, but an unforgettable celebration of teamwork, dedication, and perseverance.

The closing ceremony may have ended our Summer Olympics, but the fun for our '24-'25 school year is just getting started!



DINING HALL DIGEST: "WHAT'S COOKING?!"

When you think of school lunch, what comes to mind? Wipe that old image out of your head because our school dining experience is on a whole new level! These ladies are not just serving basic meals—they're crafting delicious, fresh, and mouth-watering dishes that turn every lunch into a culinary experience. The effort and passion the team pour into every plate are nothing short of spectacular. Preparing such amazing meals day in and day out is no small feat, and they do it with remarkable passion and skill. Thank you ladies for making every bite a delight and keeping our students energized and excited for the next meal!

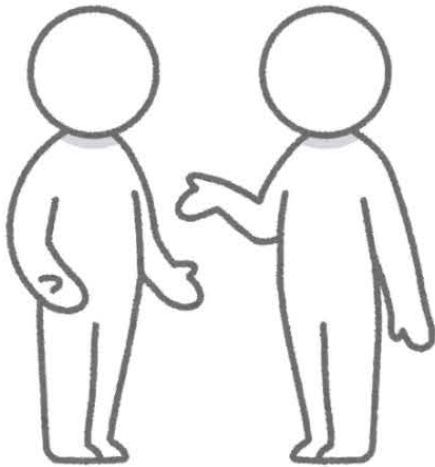


THANK YOU!





SEPTEMBER IS SUICIDE PREVENTION MONTH



BLACK ADOLESCENTS MAKE UP 13% OF THE POPULATION BUT 37% OF YOUTH SUICIDES

THE HIGHEST RATES OF SUICIDE ARE YOUNG BLACK MALES



RESEARCH SHOWS THAT MUCH OF THIS IS DUE TO UNTREATED ADHD AND LEARNING DISABILITIES. THIS SUGGESTS THAT ADDRESSING STUDENTS' ACADEMICS AND ATTENTION DIFFICULTIES IS AN IMPORTANT COMPONENT OF SUICIDE PREVENTION

DID YOU KNOW?

Supporting your child's mental health is crucial, and asking the right questions can help you understand their emotional state. Here are some thoughtful questions you can ask to gauge where they are and open a conversation about their well-being.

1

How are you feeling today?

(This helps open up a simple but effective conversation about their mood)

2

Is there anything that has been on your mind lately?

(This gives them a chance to talk about worry or stress)

3

How do you feel when you are at school or with friends?

(Encourages sharing about social experiences, which can influence mental health)

4

What do you do when you are feeling sad or upset?

(Helps them reflect on coping mechanisms)

5

Do you ever feel like there is too much pressure on you?

(Helps to address feelings of being overwhelmed)

6

What makes you feel happy or relaxed?

(Focuses on what brings them comfort or joy)

7

Who do you talk to when you are feeling down?

(Identifies their support network)

8

Is there anything you would like help with?

(Offers an opening for them to seek assistance)

LOCAL AND CRISIS RESOURCES ON PAGE 5



BUILDING EMOTIONAL STRENGTH



“EMOTIONS AREN’T BAD, WHAT MATTERS IS HOW YOU DEAL WITH THEM!”

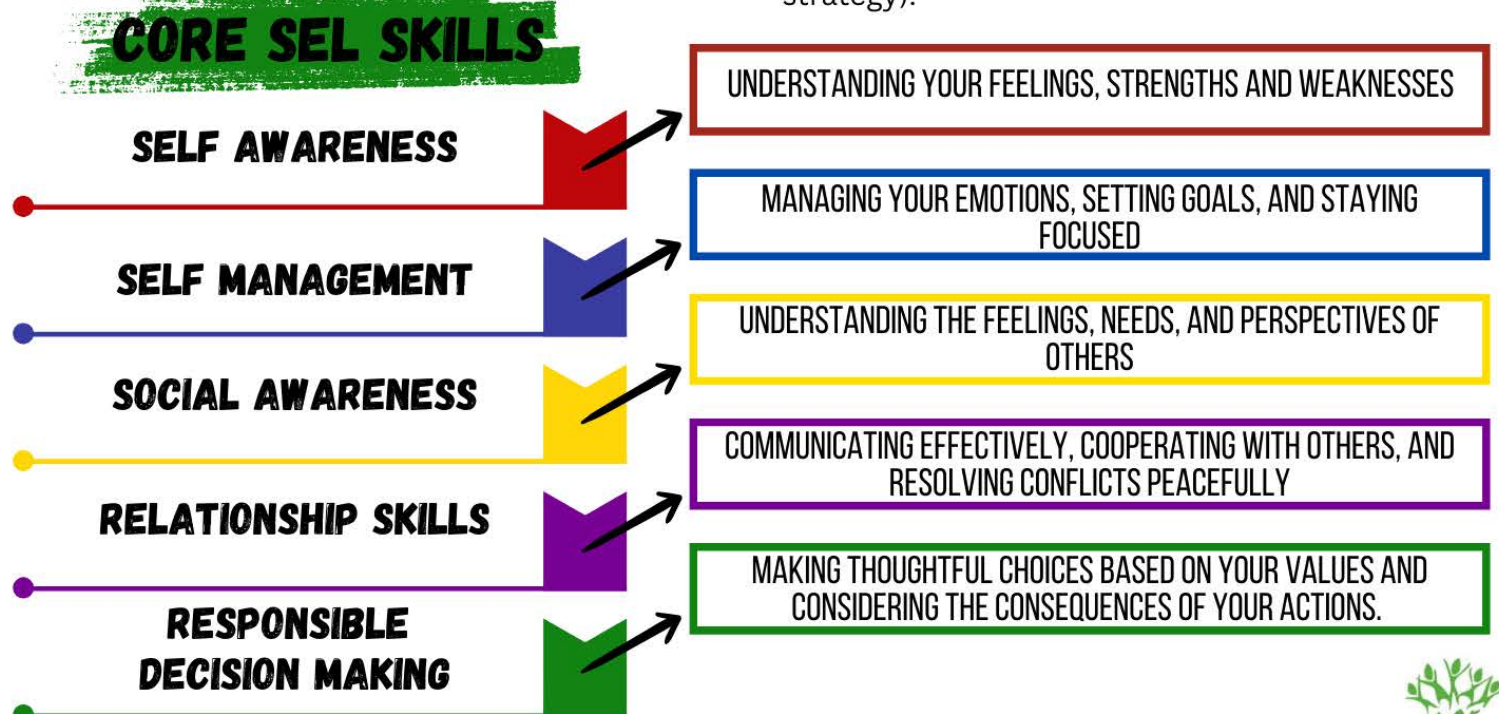
The Student Achievement Model (SAM) is the schoolwide positive behavior support system used here at GTSS. SAM is a skill teaching model that emphasizes direct teaching, modeling, practice and reinforcement of self control, active learning and social skills.

Social emotional learning (SEL) refers to the intentional teaching of social and emotional skills that help students display desired behaviors. Staff help develop students’ social/emotional skills by teaching SEL lessons, modeling SEL, integrating SEL into the curriculum, and providing opportunities for practice and feedback. Similarly, staff help develop students’ behavioral skills by setting expectations for appropriate behavior; directly teaching and practicing skills; and positively praising students for demonstrating desired behaviors.

The importance of SEL & SAM can be thought of like building a strong foundation for a house. Just as a house needs a sturdy base to stand tall, students need strong social, emotional and behavioral skills to be successful in school and in life. Together, SEL & SAM help create an environment at school where every student shines.

MAKING THE CONNECTION

Understanding one's emotions (self-awareness) is crucial for recognizing warning signs of suicide. Self-management skills help individuals cope with difficult emotions and seek help when needed. Social awareness allows students to identify and support peers who might be struggling. SAM skills that help prevent suicide include asking for help and controlling emotions (i.e., applying a coping strategy).



CRISIS AND LOCAL RESOURCES

Dial 988: National Suicide

Text "Nami" to 741741: for 24/7, confidential, free crisis counseling

Healthy Minds Philly: mental health and crisis center directory: www.healthymindsphilly.org

National Alliance on Mental Health (NAMI): grassroots organization providing support groups, education and advocacy for mental health

Statewide Organization: www.namikeystonepa.org

Philadelphia Chapter: www.namiphilly.org

The Safe Place: minority mental health app geared toward the black community to remove stigmas surrounding mental health in this community and provide access to wellness resources. available on both android and apple



Grant Application for the Brian Dawkins Single Parent Families Program

The Single Parent Families Grant is funded by the Brian Dawkins Impact Foundation and administered by Caring People Alliance. This grant is designed to provide one-time financial support to single-parent families in Philadelphia, helping them access educational and wellness opportunities for their children or themselves.

Eligibility Requirements

- Child applicant must be between the ages of 5-18
- Must be a Philadelphia resident
- Must be a member of a single parent household
- Must be a member of a low-income family

How to Apply

- 1 Go To: www.caringpeoplealliance.org
- 2 Click: "Our Programs"
- 3 Click: "Brian Dawkins Single Families"
- 4 Read and Apply

**APPLICATION DEADLINE IS
SEPTEMBER 30, 2024**



ANNOUNCEMENTS & REMINDERS



To report your student absent
E-mail

STUDENTABSENCE@GREENTREESCHOOL.ORG

For health related questions call

Nurse Leeanna at
215-866-0200 x1773

or E-mail

LEEANNA.JOHN@GREENTREESCHOOL.ORG