

STUDENT SERVICES NEWSLETTER

Bay Crest Elementary School | September 2020

COUNSELOR CHATS

Welcome back! Whether you are brick and mortar or e-learning, we are happy to be working with you at Bay Crest. Though this unique year may present some challenges, the student services team is here and ready to help.

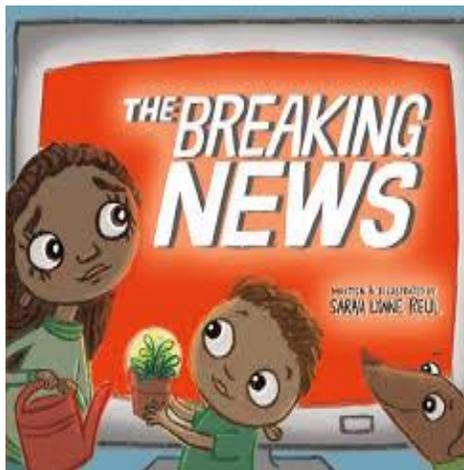
We recognize that students may be feeling scared and discouraged during this time and want to provide resources that may be helpful. One way to support your family's wellbeing and mental health is through practicing gratitude. Research has shown that those with the strength of gratitude find life to be meaningful, and also may experience benefits to their health. "Three good things" can help you to practice gratitude. At the end of each day, think of three good things that happened, and why they went well. You and your student can use a journal or color to keep track of your days. I tell our students frequently that the more we train our brain to think a certain way (such as thinking of what we are grateful for), the more we think that way automatically. Take care!

SCHOOL PSYCHOLOGY CORNER

I am so excited to meet our Bay Crest students and families this year! As your children return to virtual or in-person classrooms, I wanted to share the usefulness of taking **Brain Breaks** at home and school. Brain breaks are taking short breaks from an activity to help reduce fatigue, maintain focus, and increase participation.

Brain Breaks can be active movements, such as yoga poses, stretches, jumping jacks, or dancing. They can also be quiet moments, such as taking deep breaths, drawing, or resting in a comfortable place. Brain breaks can help both children and adults increase their sense of well-being and motivation. The following website has great tips for incorporating breaks into your everyday routine:

<https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/brain-breaks-what-you-need-to-know>



Social/Emotional Book of the Month

The Breaking News by Sarah Lynne Reul, a story about kind acts and looking for the helpers during scary times. Reinforces the E in our Bay Crest PEARLS (Empathy).

SCHOOL SOCIAL WORK SERVICES

Dear Families,

All of us have times when we come under financial stress especially in these unique times. In those moments, we may need support with the basics such as putting food on the table.

If you find yourself in this situation, please visit <https://feedingtampabay.org/findfood/> to find the nearest food pantry and latest information regarding pick up. Scroll all the way to the bottom and type in your zip code to find the closest location.

If you need any help contacting the agencies, please call Feeding Tampa Bay at 813-254-1190.



Bay Crest Elementary School - Student Services
4925 Webb Rd, Tampa, FL 33615
Phone - (813) 872-5382

Shelby Machart, School Counselor
Juliet Johnson, School Social Worker
Melissa Leonard, School Psychologist