

VOLUME 8 • MAY 2022

STUDENT SERVICES

KIMBELL ELEMENTARY MONTHLY NEWSLETTER

KIMBELL KINDNESS

BY MS. HOLSEY, SCHOOL COUNSELOR

Students and **Classes** are encouraged to show kindness to their peers and themselves!! Students showing the **most kindness** will get a ticket to win a goodie basket!

MENTAL HEALTH
AWARENESS MONTH



#breakthestigma

BY MS. MURDOCK,
SCHOOL PSYCHOLOGIST

May is Mental Health Awareness Month, a time to remember that your mental health is essential to your overall 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 healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Below you will find some ways to maintain good mental health:

- Eat well
- Exercise regularly
- Learn how to manage stress
- Get enough sleep

Always remember you can contact your student service team (Ms. Holsey, Ms. Murdock and Ms. Nehila) at Kimbell if you need help!

DIFFERENT ACTIVITIES FOR DIFFERENT LEARNING STYLES

1. Visual

BY STUDENT SERVICES

- Ask your child to describe a picture in their textbook.
- Encourage them to color-code their notes. You can show them some examples.
- Geography: underline or write the names of capital cities in red, population in green
- History: highlight all the years in blue, names in yellow
- Help them write to-do lists for school assignments and put them on a pinboard. It helps them see and remember the plan.
- Show them how to make flashcards - write a note or keywords and draw them.
- Help them visualize the information they are learning using phrases, such as "Picture this", "Let's see what you would do."

2. Auditory (aural)

- Talk to your child about the lesson they have to study. Discuss school things during everyday activities.
- Teach your child how to record themselves while reading a text, and then listen to the recording.
- Help them think of a song or a rhyme to memorize the information from the lesson.

3. Kinesthetic

- Let them study in the living room or some other large spaces so they can move, write and draw.
- Give them opportunities to apply what they have learned - count money to practice addition, make smoothies to revise fruit vocabulary.
- Work with them on some hands-on activities. Help them learn about motion sensors by building a robot.
- Encourage them to draw diagrams, graphs and maps.
- Have some fun with role-plays.
- Ask them to take the role of a teacher and teach you a new lesson.

Summer Reading can be FUN!



Summer Reading

BINGO

SIMPLYKIERSTE.COM

read to a stuffed animal	read with a friend	read a fairy or folk tale	read for 20 minutes	read out loud
read in a blanket fort	read for 60 minutes	read in the dark with a flashlight	read to your mom or dad	read a non-fiction book
read while eating ice cream	read outside	FREE CHOICE!	read for 30 minutes	read in your pajamas
read to a sibling	read a book about animals	read for 10 minutes	read a magazine	read under the table
read for 40 minutes	read a favorite book	read on a rainy day	read a mystery book	read in your swimsuit

free printable!

simplykierste.com

IDENTIFYING POSITIVE CHILDHOOD EXPERIENCES

that shape mental health in adults

- ① Ability to talk with family about feelings



- ⑤ Feeling of being supported by friends



- ② Felt Experience that family is supportive in difficult times



- ⑥ having at least two non-parent adults who genuinely care.



- ③ enjoyment in participation in community traditions



- ⑦ feeling safe and protected by an adult at home



- ④ Feeling of belonging in high school.



READ MORE

in journal
"JAMA PEDIATRICS"
article 2749336

ART BY
LINDSAYBRAMAN.COM