

SoCaLS Community Newsletter



Spend under 5 minutes to learn more!

Two minute video!

[Use these activities to help students reflect on their growth and feel optimistic for their future!](#)

[Check out GIZMO! A young person's "Pawsome" guide to mental health!](#)



[View this video series about the 5 clinically](#)

[proven mental health skills!! Videos for students, families, and educators!!](#)



Child Mind Institute

[Visit the Jaffrey Center for the Arts to see the NAMI NH Magnify Voices Art show featuring young people who shared their experiences of Mental Health. \[Click Here\]\(#\) for more information.](#)

Did You Know...

- [During a mental health crisis, call the New Hampshire Rapid Response Access Point:](#)

June 2022

As the year comes to a close, an array of traditions, activities, and celebrations reveal a dedication to creating joyful, positive learning environments for our students. Across the district, after three unprecedented years of disruption, uncertainty, and loss, the return of these opportunities is a poignant reminder



MHS First Annual Field Day!

Field trips

Extra-curricular activities and athletics

Arts celebrations

Field Days

School Dances

Schoolwide celebrations and fairs

The 8th grade Washington DC Trip

Senior Activities and Graduation

of the healing and growth that can occur because of the dedication and commitment of our educators across this district and their partnership with families and students. Thank you to all of the educators, students and families who have carried our community through this critical post-pandemic year.

Our System of Care benefited from the Promising Futures Grant, as well as the dedication of district educators, families, and students! Here are just a few of the highlights from this year.

- **Mindfulness at JMUES:** 100% of educators who responded to a survey stated that students were using and benefitting from the almost \$13,000.00 worth of alternative seating to enhance student learning environments. There was a 17% increase in the number of teachers who felt confident in the use of mindfulness strategies to promote self-regulation after consultation and training!
- **SEL Lower Elementary School:** 100% of elementary classroom teachers received classroom resources related to SEL skills.
- **Students for Student Advocacy:** Students of this MHS club received Peer-to-Peer training from the NH Teen Institute and were able to design and install a safe place for students to self-regulate and relax during the school day. Student voice is critical to student wellness!

1-833-710-6477.

- To connect with non-crisis resources and support in NH, call NAMI at 800-242-6264 or dial 211
- In July, 988 will be the new national suicide prevention hotline number!

Check out the Family Resource Guide on the District Website for Community Resources!

A new statewide resource website has been established. Check out the New Hampshire Children's System of Care website!

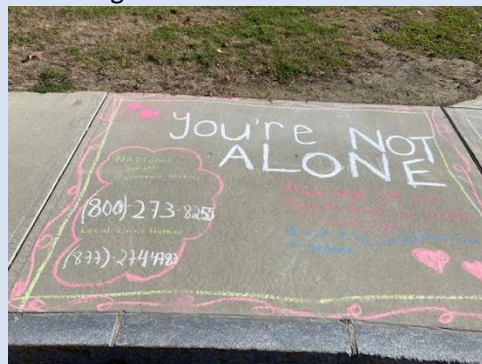


The Student for Student Advocacy Room at MHS

- **Community Training:** The Merrimack community of families, caregivers and educators received over 20 Hours of community training on topics related to mental health worth approximately \$10,000.00. [Check out the recorded webinars on our website!](#)
- We launched the first annual **It Takes a Village Mental Health and Wellness Fair on May 21st at Camp Sargent** organized by the Family/Caregiver Engagement Team!



- **PreK-6 SEL:** Data collected from PreK-6 Teachers revealed an increase in the following skills as a result of the Second Step program and other school-wide supports: Self-advocacy, assertiveness, cooperation, empathy, problem solving, and emotion management!
- District Health Educators continue to work on bringing skills and resource awareness surrounding mental health and wellbeing. Their work is central to our System of Care!



I wish you all a well-deserved relaxing and FUN summer! I'm looking forward to seeing you in 2022-2023!

-Fern Seiden, Director of Student Wellness

Do you have ideas for this newsletter? Would you like to submit an article or resource? Please reach out to fern.seiden@sau26.org.