

# GOWANDA CENTRAL SCHOOL

Engaging students in learning through the development and use of communication, collaboration, creativity and critical thinking.

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## PAWS For Your Mental Health

September 2018 Edition

### Back to School Has Arrived!

Back to school can be a challenging time for your child.

Here are some ways to help them make back to school a smooth transition!

- Create routines, especially for morning and at bedtime. The American Academy of Pediatrics recommends 9-12 hours of sleep for younger children and 8-10 hours of sleep for teens.
- Establish a homework time, and get involved in what your child is learning. This is a great way to talk to your child and observe some of their learning strengths and needs.
- Encourage communication between you and your child and do not be accusatory. Let them know that you are there to talk about how they are feeling or about a challenging situation that they may be dealing with.
- Give them space and time when they are experiencing difficult emotions. Provide them with tools or activities to help them cope.
- Provide clear and consistent expectations. Let them know how they are getting to school each day and where they are going after school.
- School staff are here to help! If your student is having difficulties, encourage them to talk to a staff member.
- Check yourself! Watch your tone and be patient during this time. Parents who are displaying signs of stress or anxiety put their child at risk of anxiety as well.
- Finally, if your child continues to display anxiety as the school year moves forward or shows signs of withdrawal, bullying behavior, depression, self-harm, or substance use, please contact your school counseling centers for support.

### *Did you know?*

#### September is National Suicide Prevention Month

*All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.*

*Visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) for more information*

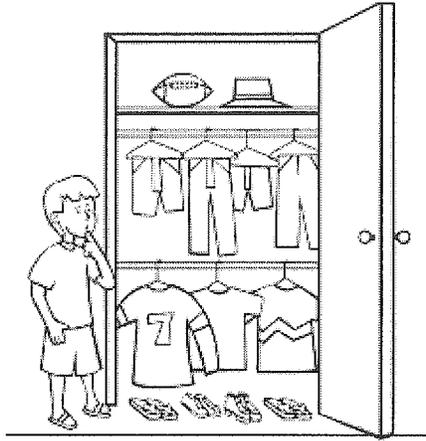
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- Hope can happen. Be the one to start the conversation, provide support, and direct help to those who need it.  
#BeThe1To
- Get Involved! Out of the Darkness walk is held in Buffalo on September 8th at 10:30am Find it on Facebook: Buffalo out of the darkness walk



**Do you have additional questions about mental health supports in the area or concerned about your child? Please contact your child's school counseling office and ask to speak with a counselor or social worker.**

Mental Health Newsletter brought to you by:

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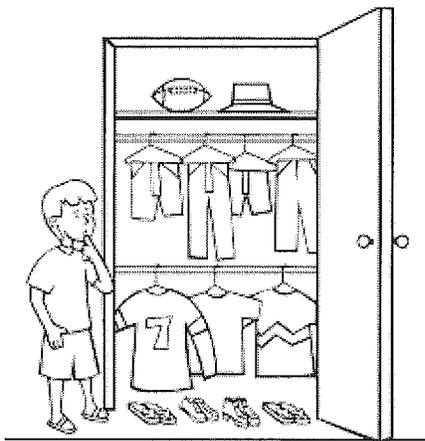
**For more information please contact:**

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*Gowanda Central School District now has two clothing closets available to students in need or for emergency situations. One is located in the High School building and is accessible to Middle and High school students, and the other is located at the Elementary school. If your child is in need, please have them see their building social worker who will be able to assist them confidentially with access to the closet.*



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