

# Wildcat Safety and Mental Health Update

Quarter 1--August-October 2023



## Prioritizing Relationships

One healthy, positive adult can change the trajectory in a student's life.

At HCSD, staff prioritize relationships. Morning meetings, Prime Time, and the increased time in the HS counseling department have shown gains in building bridges that support relationships in quarter 1.

We can continue the momentum as the school year progresses. It is worth the time to greet students at the door, check in, write them a note and support their activities.



## Safety Reminders:



**Do not prop doors open**

**Look for yellow visitor stickers**



**Greet guests walking through the building that do not have a yellow sticker. Ask them, "Have you stopped in the office?"**



## Safety Days

Thank you to Leo Reigelsberger for organizing local emergency personnel to support safety at Mease, Taft, and the Middle School.



## QuickAccess



Continue to sync your QuickAccess app as administrators utilize for safety drills and alerts.

Jessica Goodenow, Megan Douglas, and Kristy Smith attended the annual mental health conference in Des Moines on October 5 and 6

### College of Education

Scanlan Center for School Mental Health



### Kristy's takeaway from the breakout session, Understanding Trauma's Effect on the Learning Environment:

One of my favorite breakout sessions was Understanding Trauma's Effect on the Learning Environment. So many times we get caught up in what curriculum we need to cover that we do not take the time to look at what is happening in our classrooms from a student's perspective. Those students who are acting out, leaving the room, sleeping, hungry, etc all have had some trauma that they are working through. Their actions are not meant to upset us but sometimes they do not know any other way to get their needs met. This breakout session really put into perspective how important it is to look deeper into what students are doing and how we can help them.

### Megan's takeaway from the keynote speaker, Dr. Adam Saenz:

He spoke about how those who live in constant chaos and experience trauma feel as if they have no control. Those children are experiencing constant unpredictability and their limbic system never gets to rest and reset. When they enter our schools, our classrooms and our offices, they want to know two things. 1. Do you care about me? (Question of love) 2. Can I make the rules? (Question of respect). Children have to know that they matter and that they have some decision making abilities to start to feel safe and accepted in the classroom. No child or adult who is in a constant state of dysregulation is going to surrender their control to someone who doesn't care about them and show interest in their life. We are capable of building safe, trusting, and appropriate relationships with students when we consciously and mindfully manage our own emotions and understand the emotions of those around us.

**Did you know?**  
**There are 7 types of rest.**

### Seasonal Wellness Support



#### Physical:

Maintain healthy sleep patterns.  
Hydrate.  
Move your body.  
Keep up with nutrition.

#### Social:

Connect to healthy supports at work and outside of work.  
Who is someone that listens to listen?  
Check in with your people predictably.  
Give updates to your people predictably.

### School Resource Officer Amber Williams

Please welcome Amber as she begins her role at HCSD .

