

Wildcat Safety and Mental Health Update



For the Perry BlueJays



Quarter 2--November 2023--January 2024

Building Grit

Grit: courage and resolve; strength of character

Picture your favorite student or staff member. What is it about that person that makes them your favorite? Is it their humor? Going through some type of difficulty together? Whatever quality you may have pictured, most rationale could come back to the term, "grit." That person you were picturing has a level of character that resonates with you. They have an ability to overcome, to make you laugh when you are feeling down, to listen just to listen. As we brave the new year, let's encourage brave conversations with each other and with our students. Caring confrontations build trust. Not allowing gossip to consume your day will allow joy to seep in.



Safety Reminders:

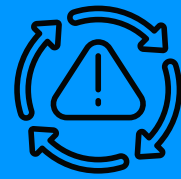
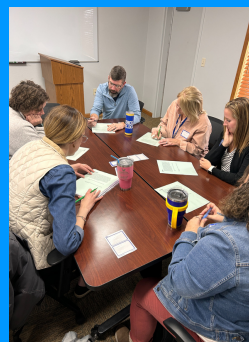


Do not prop doors open

Look for yellow visitor stickers

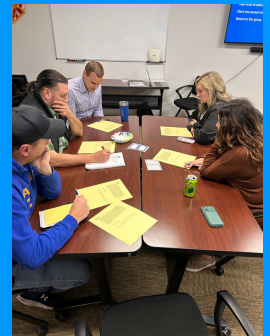


Wear your ID badge throughout the building



District Crisis Team

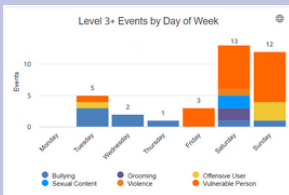
The goal of this team is to exemplify a solutions-based mindset when discussing crisis topics related to HCSD's Crisis Plan. At the first meeting on November 16, groups discussed scenarios related to safety. Every crisis has unique details. Those details are learning opportunities and can inform better future practices.



Our next meeting is January 22 where we will reflect on grief supports and the shooting in Perry.



All student devices are equipped with Linewize. This software uses line reading artificial intelligence to flag threats related to bullying, sexual content, inappropriate language, and harm to self or others. Administration and school counselors receive email notifications and respond based on the level of severity. When the computer is flagged, administration follows the crisis plan and discipline matrix in order to promote safety in their buildings. The bar graph shows the daily number of flags and their category in the last 30 days.

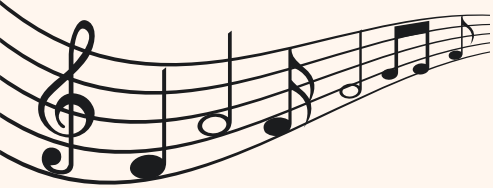


In Loving Memory of Kyle Hilbert and Riley Meier

Our school family grieves the loss of 2 students. Kyle died on Wednesday, November 22, 2023 in an automobile accident.

Riley unexpectedly died in his home on December 26, 2023. They will forever remain in our hearts and forever be a Wildcat!





The Power of Music

“I started off in college with a double major in Music Education as well as Music Therapy. As a music therapy student I worked with stroke patients who would use music therapy as their treatment. It was mind blowing to me how some people would struggle to form a sentence when talking with me but would sing along to songs and be able to do it perfectly. The power that music has on treatment and memory care is so emotional and moving.” --

Katie Rinnman, 5-6th Choral Music

“I encourage people to listen to music everyday. Not only students, but adults as well. I always try to challenge myself to listen to something new everyday. A great challenge I picked up is to do the following everyday:

Listen to something old (Something you like and are familiar with)

Something new (Something new that you have heard of, but have not listened to. Could be a new artist or something old you have never heard before.)

Something borrowed (A recommendation from a friend or family member. It can be something they enjoy or want you to listen to.)

Something blue (In this case I literally mean the blues. Listening to blues music is a great way to discover a truly American grown musical style.)”

--Jared Knapp, 7th-8th Band Director



“Music is an escape, yet also empowerment. It creates in us the ability to inspire others and calm ourselves. Music brings praise to our Creator or laughter to children. Music brings the rest of the world into focus despite the turbulence around us.

Music crosses all boundaries of race, culture, and school cliché and unites people together; it speaks with a dynamic when words fail, it preaches our hearts when conversation is useless.

Music is life and flows from the Creator of life.”

--Benjamin Chavers, 7-12 Choir Teacher

“I love listening to music as it brings back memories and I get to remember the people I was with when I "heard that song". I love playing music as I experience the challenge of fingering out the melody, figuring out the groove, and enjoying the end result. I love helping others (re)discover playing a musical instrument as they experience success and productively struggle. It's a beautiful thing that music can be relaxing, challenging, emotive, repetitive, and all around enjoyable.” --

Laura Patterson, 5-6th Band Director



“I love when my students open up about their favorite songs and the music they like to play and listen to!

Discussing the reasons behind their musical preferences is truly enlightening. It's fascinating to observe how diverse music genres can play a role in enhancing confidence, fostering empathy, boosting energy levels, or providing a calming influence. Witnessing students harness the power of music as a means of personal growth and self-expression is both gratifying and inspiring.”

--Emily Willadsen, 9-12 Band Director

Infographic below from The School of Rock Website
Courtesy of Lucinda Boyd K-4 Music Teacher



Did you know?

Serotonin is a chemical produced by your brain (neurotransmitter) that regulates your mood.

Seasonal Wellness Support

Source: NAMI, “The Effects of Winter on Mental Health”



When you are feeling the holiday blues:

Stick to routines--our bodies thrive on the natural circadian rhythms of the sun rising and setting

Eat and drink in moderation--use positive self talk if the holidays brought some extra fluff to your mid section

Make a to-do list--crossing accomplished items off the list boosts serotonin

Practice aromatherapy--scents associated with happiness can promote those feelings during gloomy days

SCHOOLROCK

EFFECTS OF MUSIC ON CHILDHOOD DEVELOPMENT
MUSICAL MILESTONES BY AGE

Ages 0 - 2

For this age group, music programs can:

- Encourage language development
- Stimulate sensory experiences
- Offer bonding opportunities with parents

SCHOOLROCK

EFFECTS OF MUSIC ON CHILDHOOD DEVELOPMENT
MUSICAL MILESTONES BY AGE

Ages 2 - 6

For this age group, music programs can:

- Teach collaborative skills
- Encourage turn-taking
- Improve the brain's ability to grow

SCHOOLROCK

EFFECTS OF MUSIC ON CHILDHOOD DEVELOPMENT
MUSICAL MILESTONES BY AGE

Ages 7-11

For this age group, music programs can:

- Help with logical thinking
- Increase hand-eye coordination
- Improve concentration & listening skills

SCHOOLROCK

EFFECTS OF MUSIC ON CHILDHOOD DEVELOPMENT
MUSICAL MILESTONES BY AGE

Ages 12 and Up

For this age group, music programs can:

- Enhance memory & language skills
- Teach discipline & patience
- Promote cross-cultural awareness

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