

Wildcat Safety and Mental Health Update



Quarter 3--January-March 2024

Feeling Welcomed

Belonging is the fundamental way a society organizes itself. Our students are continually showing us their met and unmet needs. The efforts of staff to meet students where they are does not go unnoticed. Most of our students are showing great success because they have found belonging. They have people. They have purpose. As students find their niche and become more involved, their chances of success soar. At the high school level, a student who is involved in one school activity will have a great attendance percentage than a student that attends the periods 1-8 only. As you talk with students, find out what they are interest in and get them connected. So many opportunities will invite students to have pride in being a Wildcat!



Safety Reminders:



Do not prop doors open

Look for yellow visitor stickers



Wear your ID badge throughout the building

Lock your classroom doors



District Crisis Team

At the January Crisis Team meeting, the team discussed student safety across the district, what has gone well and what can improve. Getting all doors working locks and vinyl coverings for windows are some of the action steps with more to come. In building teams, participants prioritized items to use in "go-kits" in case of an emergency off sight. These kits would be accessible to all staff at the start of the 2024-25 school year.

Our next meeting is April 15 where we will discuss the updated crisis plan and action steps for professional development during the 2024-24 school year.



Did you know?

Anxiety is the most common mental health condition in the United States

HCMH 5K
COLOR RUN

MENTAL HEALTH & SUICIDE AWARENESS



SUNDAY
MAY 5, 2024
BEGINNING AT 1PM





Crisis Plan Updates



Throughout the 2023-24 school year, the administration team has read through the district crisis plan. Using feedback from the crisis team and building level concerns, below are highlighted updates to the processes and procedures related to crisis events that affect our day-to-day operations.



Relocation site reflection--the relocation sites in place are the best we can use in the event that our buildings are no longer safe.



QuickAccess and dispatch radios have been added to crisis wording throughout the plan as our new alert systems.



After-school-event wording has been added to crisis procedures in our plan. In the event that a crisis would affect any activities outside of our school day, we have procedures in place to ensure safety.



Intruders in the building can come in different forms. Not only have we updated our wording in the crisis plan, but also have used scenarios to better understand how each building will uniquely respond.



We have had two student deaths this school year. Our crisis team was on the frontlines of planning support in the buildings. The wording in the crisis plan is updated to reflect counseling grief supports, materials, and a memorial gift that was given from the district.

Seasonal Wellness Support

Source: NAMI, "Resiliency Training through Creative Arts"



"Self Care" is a necessary routine in order to regulate the mind-body connection. It is not limited to monthly massages and meditation. Little habits that are built in to the day can lead to overall regulation. Some examples are detailed to the right. You don't have to be artistic to doodle, or a top chef to cook, or even the best singer to sing. Try out these methods during times that could be heightened in your day.

Doodling

- As you are listening in professional development, add a zig zag border, practice your cursive, or shade in the notebook lines. Focus can improve!

Cooking

- Start each week by planning one meal that you can sauté, bake, or grill. Cooking is a full sensory experience and relieves stress.

Music

- Turning on music after a bad phone call or rough day can reset and regulate your brain. Tap along, close your eyes, sing the words and remember that it will be ok.

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