

Wildcat Safety and Mental Health Update



Quarter 4--March to May 2024

Proactive Reflection

We pour a lot of ourselves into our roles at Humboldt Community School District. The exhaustion at the end of the day can be felt physically, mentally, and emotionally. Now that the school year has ended, it's time to reflect on that exhaustion and look for preventative ways to feel rested and more present. Personally, I try to meal plan through the school year so that I can destress while cooking. Eating a meal with my family after a long day gives me the boost I need...an even bigger boost is if they like the food! In the summer, I make lists of what I want to accomplish at school and home. The act of crossing items off the list boosts serotonin in the brain. What can you try this summer that will spread into the school year? Habits are built in small steps. Be kind to your mind and enjoy summer!

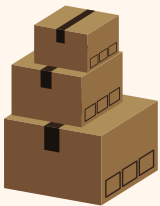


Summer Safety Reminders:



Do not prop outer doors open as you leave the building.

Check with building principals to work in classrooms in order to not disturb summer maintenance.



Take a look at your classroom as it is packed up. Think about your layout and reflect on how you can help mitigate threats. Purge items that you no longer use. Small improvements make a difference.



District Crisis Team

On April 15, 2024, the crisis team met for a final time to discuss the school year and set goals for 2024-25.

Administrators shared briefly on the scenarios and drills that they have done with their staff. A common issue was Quick Access. The app was not user friendly and many staff were not getting the alerts. Common celebrations were the access to relocation sites, the crisis teams leadership, and the community connections.

We completed several more scenarios on Narcan, gas leaks, lockdown drills and a student with a weapon. These scenarios lead to clarity in our crisis plan.

Our next meeting is tentatively in August to kick off another school year and partner with our community!

Did you know?



Dissociation and addiction to cell phones is higher in males than females

Source: International Journal of Psychology & Behavioral Analysis





Safety Goals for 24-25



Vinyl coverings on entrances will be added throughout the district.

We will have an onboarding day for our substitute teachers at the start of the 2024-25 school year. This group of wonderful people will have training with law enforcement, on safety processes for each building, and have breakout sessions on confidentiality, behavior management, and other pertinent information.

A new safety app will be implemented called Emergent 3. QuickAccess had major issues with the ease of usage, management, and drill messaging. The new app is more user-friendly, allowing administrators to add new staff with ease. We will also utilize a visitor background check system for increased safety.

More safety topics will be covered in the 2024-25 professional development calendar. We will coordinate with Public Health and law enforcement for Stop The Bleed Training, and revisiting ALERT training.



Mental Health Goals for 24-25



Continue to support morning meeting year 2 implementation at Mease and Taft.

Support school-based therapists through confidential spaces, advocacy in referral process, and keeping rosters full.

Support the middle school in PrimeTimes and high school in HomeRooms as they utilize CharacterStrong and other reliable supports for student belonging.

Work with staff and community partners to increase supports on wellness for our school community.



C O N G R A T S



Seasonal Wellness Support



Source: MercyCare "6 Summer Activities to Support Your Mental Health"

Summer tips away from screens:

- Start a garden. There are many avid gardeners on staff at HCSD that will give you tips. ((Paul Lauger for one))
- Read a book. Whether for pleasure or for your career, your brain will thank you.
- Clean. Open the windows and put on some music while you wipe down counters or purge a messy room.
- Attend a community event. We have local businesses putting on free events or fundraising this summer. Have items on your calendar that you look forward to.
- Be outside. If you walk, run, sit, or swim, the sun has a positive affect on your mental health.