



Patrick Henry Local Schools

Create an environment where all students discover
their personal best in every opportunity

Monthly Newsletter

Hello! Thank you for reading the monthly newsletter for April from the school social worker. The goal of my monthly newsletter is to provide at least one takeaway strategy, resource, tip, or idea. This newsletter will focus on recent mental health lessons and a stress relief day our Peer To Peer guidance students put on at the end of March.



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For my newsletter this month, I am going to be sharing some of the amazing work our Peer To Peer guidance group has been doing this school year. In the fall, the group attended a Mental Health Youth Summit and learned how trauma impacts the brain. The students recently took what they learned, and taught lessons to their peers during study hall. The goal was to share the tools they learned with their peers so they are all better equipped to respond to their classmates when they are struggling. The students also created a video to go along with the lesson to demonstrate how this information can be applied to their everyday lives. Archbold also sent three representatives from their newly formed Peer To Peer team to learn from our group and they shared with us the initiatives they have been doing within their school district. At the end of the week, the PTP team hosted a stress relief day, where their peers spent the afternoon either watching a movie, or participating in a dodgeball tournament. Students also had the opportunity to spin the wheel and win prizes!

The Peer To Peer guidance group does a great job of demonstrating our three pillars in all of the work they do. They consistently go **above and beyond** to make their school community better. They work hard to create a **family** environment in the high school so everyone feels like they belong. And they utilize **perseverance** when things do not go as planned and continue to work hard to bring awareness to mental health and share resources that are available with their peers. **#PHStrong**



Highlights from the Lessons

PTP members taught lessons to their peers all day in the library and then the following day, they quizzed their peers on the material they learned and students who answered correctly were then able to spin the prize wheel to see what they won! The following provides the main points of the lessons that were taught by the PTP team.

- **The Four R's:** Students learned the 4 R's that help you effectively engage with someone who is struggling. Realize, Recognize, Respond, and Resist Re-traumatization
- **Flipping Your Lid:** Students learned about the hand model of the brain and what it means to "flip your lid"
- **Real Life Examples:** The PTP team created two videos, one that showed a student flipping their lid and another that showed how to prevent this from happening by utilizing the tactic of regulate, relate, and reason.
- **Types of Stress:** Students learned about three types of stress and the impacts of prolonged toxic stress or trauma on individuals
- **Emotions Wheel:** A portion of the lesson focused on the emotions wheel and how to name your emotions to tame them
- **Excusing vs. Understanding:** Students learned about the difference between excusing someone's behavior verses understanding the behavior, which allows us to effectively address what is driving the behavior and respond with empathy
- **Resiliency:** The end of the lesson discussed what it means to be resilient and what the top five resiliency factors are

Additional Resources to Explore

Talk to any Peer To Peer team member to learn more about trauma and resilience in mental health! You can also follow their instagram account [@patrickhenryptp](https://www.instagram.com/patrickhenryptp) to keep up with the initiatives they are leading on campus!

To access a handout that was shared with their peers about the emotions wheel and where we tend to feel emotions physically in our bodies, click this link: [Emotions Wheel Handout](#)

**No matter
what people
tell you,
words and
ideas can
change
the world
—Robin Williams**