



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 May from the school social worker. The goal of this newsletter is to provide you with at least one takeaway tip, strategy, resource, or idea. This newsletter will focus on self-care and how you can practice self-care over the summer so you are able to begin the following school year recharged and ready to learn!

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Practicing Self-Care

With the school year coming to an end, it is easy for staff, students, and families to start to feel restless and anxious for summer to begin. Summer is a great time for everyone to be able to take time to recharge and practice engaging in different activities that bring them happiness. Self-care is an essential part of one's overall health and it is important to engage in activities that support your physical, mental, and emotional health.

You can practice self-care doing any of the following activities:

- **Make time for yourself:** even if it means just taking five minutes out of your day to reset and refocus
- **Get moving:** go on a walk, run, bike ride, go swimming, play with a pet or whatever kind of physical activity you enjoy doing
- **Connect:** make plans with friends or family members you haven't spent time with lately
- **Practice:** work on using positive self-talk and utilizing positive affirmations daily
- **Unplug:** Take time away from your devices and learn a new skill or find ways to exercise your creative side

This school year began with uncertainties much like the previous school year did, but through it all we have shown perseverance, gone above and beyond, and remained a family. We all deserve a relaxing summer break filled with lots of self-care. I hope all the PHLs families take time to recharge, relax, and enjoy the summer break. I am so thankful to be closing out my first school year working for the district and look forward to continuing to meet the mental health needs of our students in the future.

#PHStrong