

# McCracken Student Support Services Newsletter



December, 2022



## Upcoming Dates

1) No Name  
Calling Week  
– 1/16–1/20

2) Random  
Acts of  
Kindness Day:  
2/17

3) Say  
Something  
Week –  
3/13– 3/17

## A Note from our Student Support Services Team:

Hello Parents & Guardians,

We have had a positive start to our school year, and have built a sense of community by supporting your student's social–emotional development. We have been working with students through various initiatives and programs such as:

- Extended Advisory
- Second Step Curriculum
- Lunch Groups
- Promotion of Red Ribbon Week & maintaining healthy lifestyles
- Check and Connect Mentoring Program
- Therapy Dog visits

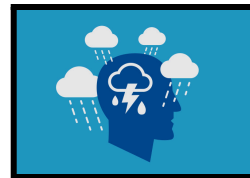
Some of our goals include helping create connectedness, teaching and reinforcing positive behaviors & decision–making, and to ensure a safe school environment. As we move through this school year, we wanted to provide you with tips and resources to support your child's social and emotional health at home over winter break. If you have any questions or concerns, please feel free to reach out by calling our main office (847) 673–1220.

Thank you,

SST Team – Ms. Berry, Ms. Pellish, Ms. Crook, Ms. Ellis, and Ms. Boshea

## If your child exhibits the following signs...

- They are not sleeping well – either sleeping too much or hardly sleeping at all.
- They can't concentrate on the important things – zoning out for long periods of time, or obsessing about insignificant details to the point of not getting anything else done.
- They no longer are able to manage time.
- They have trouble at school and at home – grades, discipline, etc.
- They lose confidence in themselves and their abilities.
- They obsess about calories and working out, or eating everything in sight and barely getting up off the couch.
- They have a hard time controlling their emotions. They unexpectedly burst into tears, become anxious about normal everyday activities, or find themselves suddenly lashing out at others for no reason at all.
- They start to isolate themselves and avoid friends and family.



## ...try the following coping strategies:

- Make hot chocolate, a milkshake or a smoothie.
- Exercise: run, take a walk, try an exercise video on YouTube.
- Build a pillow fort.
- Watch an old, happy movie.
- Go for a nature walk.
- Read a good book.
- Create or build something.
- Perform a random act of kindness for your family or friends.
- Play a board game or work on a puzzle.
- Look up recipes or cook a meal (with parent permission).
- Doodle or draw
- Memorize a poem, play or song



### Check out more ideas here:


- [\*\*99 Coping Skills\*\*](#)  
List of 99 ideas for students to participate in self care.
- [\*\*101 Positive Things to Say to Myself\*\*](#)  
Living a positive life can be as simple as what we tell ourselves. Here is a list for students.
- [\*\*McCracken Calming Space\*\*](#)  
Website that connects students with utilizing calming strategies such as stretching, music, etc.

## If you see more serious signs such as:

- They stop enjoying the things that once brought them joy. They could care less about anything.
- They stop caring about their appearance or their schoolwork.
- They get run down and physically ill.
- They start using drugs or alcohol just to get through the day.
- They start to isolate themselves and avoid friends and family.
- They get reckless and feel out of control.
- They start hurting themselves.
- They start having thoughts of suicide.

**Families are encouraged to seek immediate help from mental health professionals, especially in cases of emergency, where students may be in danger of harming themselves or others.**

## Additional resources to support families and students:

- **[Safe2Help Illinois:](#)**  
Safe2Help is a 24/7 program that provides students with a platform to share school safety issues, resources to get help, and encouragement to help others.
- **[IDPH: Violence Prevention and Support Resources](#)**   
This document provides a list of violence prevention and support resources available to communities.
- **[IDPH: Call4Calm](#)**  
A free emotional support text line. Text "TALK" to 552020 or "HABLAR" for service in Spanish.
- **[National Suicide Prevention Lifeline](#)**  
Free and confidential support for individuals in crisis available 24 hours a day 7 days a week . Call 988.
- **[Crisis Text Line](#)**  
Free and confidential support for individuals in crisis available 24 hours a day 7 days a week Text HOME to 741741
- **[National Helpline | SAMHSA – Substance Abuse and Mental Health Services Administration](#)**  
Free and confidential treatment referral and information service available 24 hours a day 7 days a week. 1-800-622-4357 (HELP)
- **[National Runaway Safeline](#)**  
This 24-hour 7 day a week national Safeline is for youth at risk of running away or already have and are looking for help. 1-800-Runaway (786-2929) or text: 66008

