

*Racial Justice, Mental Health, Hispanic Heritage Month, Wed. Enrichment, Career Exploration..*



## **October 2020 Newsletter**

Happy Autumn, PTA Members!

October is shaping up to be a busy month and we have much to share!

First and foremost, as we know these are anxious times, Mental Health is our focus. Clinton PTA has partnered with Clinton Human Services to offer a new 6-week parenting series starting this Thursday (note registration required!). In addition, our new PTA board members and mental health professionals Christine Lozano, Erica Clough, and Liese Zitzkat are working hard to provide useful information to Clinton parents, teachers, staff, and students.

We also want to start discussing Racial Justice, Diversity, Equity & Inclusion. It's an important National PTA topic and the Clinton PTA wants to be part of it. Join us, and be part of the conversation. It's a topic that's not always comfortable to discuss, but it's important that we do.

October is also Hispanic Heritage Month. As the town of Clinton and our schools have a large Hispanic population, we want to celebrate. We are also seeking ideas to welcome and support all members of our community. .

Please share this newsletter with your friends! If you are on social media, we are posting daily on Facebook and Instagram!

Sincerely,  
Heather Moore  
PTA President

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CLINTON PTA AND CLINTON HUMAN SERVICES PRESENT:

## PARENTING IN A PANDEMIC

THE "BACK TO SCHOOL" EDITION

Managing anxiety  
Screen time limits  
Self care for all  
Sleep schedules  
& nutrition  
Social & emotional  
learning at school

SIX ONLINE  
SESSIONS

Thursdays  
6:30 - 7:30pm  
starting October 8

HEAR FROM:  
child development experts  
Clinton teachers  
other parents



Registration required for Zoom links  
Email [humanservices@clintonct.org](mailto:humanservices@clintonct.org)  
to register

### Parent Support Group

Clinton PTA is pleased to partner with Clinton Human Services to sponsor an online support group starting this week for parents! Join us for six sessions beginning October 8th from 6:30 - 7:30 pm. To register and receive the Zoom link, please email [humanservices@clintonct.org](mailto:humanservices@clintonct.org). Look for more details on [Facebook](#) and [Instagram](#).



### What is Mental Health?

According to the World Health Organization, mental health is defined as “a state of well-being in which the individual realizes his or her abilities, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

## **Mental Health Mondays and Feel Good Fridays:**

Tune into [Facebook](#) and [Instagram](#) on Mondays and Fridays, when our team will be sharing articles and tips covering topics such as suicide awareness & prevention, stress management, and self-care.

## **What It Means to Fully Support Mental Health in Schools**

*Webinar presented by Benjamin S. Fernandez, MS Ed, National Association of School Psychologists*

Christine recently attended the first of two National PTA webinars on supporting mental health in schools. Important points included the need to involve parents in students' mental health; addressing physical health as a component of mental health; and providing accommodations for mental health needs as well as physical needs.

A safe and supportive school environment includes collaboration between school staff, parents, and students; access to mental health services; integrated school safety and crisis efforts; effective discipline practices; and balanced physical and psychological safety.

Physical safety can include things like secure doors, lighted hallways, monitoring of school grounds, and properly designed playgrounds and sports fields, while psychological safety includes factors such as trusting and respectful relationships, access to school-employed mental health professionals, mental health first aid, positive discipline, and anti-bullying initiatives.

The COVID pandemic has contributed to feelings of isolation and disconnection. It is important for students and parents to have access to support. Students should be able to feel comfortable approaching adults in their lives to say, for example, that they are depressed or suicidal. Research shows that a focus on prevention has positive impacts on suicide rates.

## **Taking Action to Improve Mental Health**

*Webinar presented by Sam Brinton & Keygan Miller of The Trevor Project*

Liese attended this second webinar in the National PTA's mental health series. The presenters noted that mental health is an important issue for schools to address because:

- 1 in 5 students in the U.S. experience a mental disorder in a given year.
- Suicide is the 2<sup>nd</sup> leading cause of death for ages 10-24 (LGBTQ young people are 4x more likely to attempt suicide than their peers).
- The rate of suicide in all age groups has continued to steadily rise in the last decade, and the rate of suicide among children ages 10-14 has doubled.

School districts need policies for suicide prevention, intervention, postvention (after a member of the community has attempted suicide or died by suicide), and addressing the needs of high-risk

youth (e.g., LGBTQ youth, youth with mental disorders, and youth with recent trauma). A Model School District Policy for Suicide Prevention can be viewed [here](#).

It is important for all to know what resources are available to students and adults in the school community; for all school staff members (including bus drivers) to receive training; and for high-risk populations to be considered. In Clinton, we are fortunate to have a number of resources (e.g., [Clinton Human Services](#), [Partners in Community](#), [REACT](#), and school-based mental health professionals). Clinton PTA will be highlighting many of these resources throughout the coming months. Clinton Public Schools has a Suicide Prevention and Intervention Policy, which can be viewed [here](#).

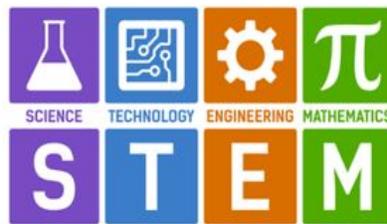
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### **Advancing Diversity, Equity & Inclusion**

The National PTA stands firmly against racism in all forms and the culture of oppression that permeates the United States. As an association that represents all children, we must listen, educate, and advocate beyond rhetoric and rise to correct all inequities and injustices. Read the full National PTA here: [Position Statement on Institutional Racism](#).

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### **Wednesday Enrichment**

Are you looking for more enrichment opportunities for your child(ren)? Join us on [Facebook](#) and [Instagram](#) every Wednesday for suggested activities for students (and adults too)! Special emphasis will be placed on the arts and STEM. We will try to provide activities to engage each school age group. Have ideas? [Email](#) us!

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### Sunday Career Exploration

Let's help our middle and high school students discover their passions and explore careers that might be a good fit for them! We kicked off with three short [assessments](#) and will continue with career trends and career spotlights. Look for posts on [Facebook](#) and [Instagram](#) every Sunday evening.

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### School Open Houses

Virtual Open Houses were shared last week. The link to the Morgan Open House can be found [here](#). Check your emails for links to the Joel and Eliot Open Houses, sent by your child's homeroom teacher.

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**DO IT YOURSELF**  
Basic Car Care  
Health & Wellness

**GETTING A JOB**  
Interviews  
Resumes  
Impressing the boss

**FINANCES**  
Bank accounts  
Credit cards  
Loans

**MOVING OUT**  
Leases  
Landlords  
Cooking on a Budget

**ADULTING IS HARD...LET US HELP!**  
OCTOBER 7, 14, 21, 28 FROM 3-5PM @ THE ANNEX

A NEW WORKSHOP SERIES FROM CLINTON HUMAN SERVICES

Email [JPaglino@clintonct.org](mailto:JPaglino@clintonct.org) to register.

CLINTON HUMAN SERVICES  
SOCIAL SERVICES  
YOUTH & FAMILY SERVICES

### Adulting is Hard...Let Clinton Human Services Help!

A great opportunity from Clinton Human Services: Learn skills every young adult needs - moving out, getting a job, finances, and more! Email [JPaglino@clintonct.org](mailto:JPaglino@clintonct.org) for more information or to register.

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### **October Events - Mark Your Calendars!**

**Monday, 10/5:** Clinton Public Schools resume full in-person learning

**Monday, 10/5:** Board of Education meeting (click [here](#) for details)

**Monday, 10/12:** Columbus Day - no school

**Wednesday, 10/14:** Eliot picture day

**Monday, 10/19:** Board of Education meeting (click [here](#) for details)

**Wednesday, 10/21:** PTA Board meeting at 7:00 PM (Zoom link coming soon!)

**Friday, 10/23 and Monday, 10/26:** Morgan picture days

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*You're Invited!*

ALL are welcome at PTA meetings! Please come join in the conversation! Our next meeting will be held on Wednesday, October 21 from 7:00-8:30 PM via Zoom (link will be posted on social media).

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### **PTA Board Openings**

Clinton PTA still has openings for two important roles: Membership Chair and Programming Chair. Please contact [Heather](#) if you would like more information about these positions!

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### **Have you renewed your membership yet?**

Your membership helps us provide important programming and speakers. Membership runs 7/1-6/30 and is only \$15-\$25 (\$5.50 for students and teachers). Options to join/renew can be found here: <http://www.clintonpta.org/membership/>.

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**Help us reach more parents and teachers!**

**Please share this newsletter on Facebook or forward to your friends via email.**

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Thank you to all of Clinton PTA's generous sponsors!

