



NEWSLETTER

Whole School. Whole Child.

Whole Community.

#02 | February | 2020

Get Connected to Feel the Love

As valentines day approaches and winter drags on this can be an especially lonely time of year for some. Friends might be posting on social media about how much they adore their significant other or the late night galantine's party they had that perhaps you were not apart of. Lets be honest being a kid is tough. Homework, friendships, fighting with parents , and even thinking about your future can be tough. Now add in feeling lonely and life might not feel as glittery as it usually does. Try these ways to feel connected this February!



- Smile and make eye contact
- Use the other person's name
- Bake together
- Sing with others
- Breathe, relax , and find your center
- Be kind to yourself
- Enjoy a little alone time
- Unplug from social media
- Appreciate and enjoy the moment
- Play a game with a friend or parent
- Have an impromptu dance party
- Tell jokes with others
- Get outside
- Eat dinner as a family
- Make a photo album
- Volunteer
- Greet your teacher or bus driver
- Introduce yourself to a potential new friend
- Write a nice card
- Play video games together
- Join a new team or club
- Believe in yourself
- Be the first to reach out to a friend
- Organize your room & locker

Remember, if you are looking for additional help for your friend or yourself (or you just need to vent) there are free resources available to you right now that can help with any problem big or small. A great place to go for resources like this is www.sptsusa.org. No matter what problem you are dealing with the National Suicide Prevention Lifeline has skilled, trained counselors in your area, anytime, 24/7. 1-800-273-TALK (8255)





African American History Spot Light Dr. Daniel Hale Williams

Dr. Daniel Hale Williams performed the first ever open heart surgery in 1893 without the assistance of x-rays, antibiotics, or modern anesthesia. Dr. Dan was born in Pennsylvania and earned his medical degree from Chicago Medical. He founded the first interracial hospital in Chicago in 1891 and this hospital established the first black nursing school. One fateful day two years after the hospital opened James Cornish was brought to the hospital with a serious wound on his chest. With his patient bleeding heavily Dr. Dan saw only one option which was to preform surgery. He preformed surgery on James chest fixing the

severed artery and than closed the wound. A fully recovered James left the hospital 51 days later. He lived another 20 years proving the success of Dr. Dan's operation. To watch a kid friendly video about Black Scientists and Inventors click [here](#).



Activity: Fill in the hearts with things you love. Include what you love about yourself, your school, and your community!



As always, our [School Health Team](#) is available to provide resources regarding school health topics. Feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Julianna](#), [Ashley](#), or [Ally](#) for assistance. We would love to hear from you!

