

Behavioral Health & Wellness

Family involvement has a positive effect on student behavior. When families are involved, students exhibit more positive attitudes and behavior.

PBIS

Why is Motivation and Engagement in PBIS important?

Positive Behavior Intervention and Supports (PBIS) is FBISD's discipline system that focuses on celebrating positive behavior instead of punishing the negative. Promoting student motivation and engagement is the foundation of your child's learning - academic, behavioral, or social. Engaged students rely heavily on both internal and external reinforcements and rewards. Students learn best when they know what is expected of them and when there are positive expectations. Think about things your child really enjoys and finds rewarding and motivating

TIPS

- Keep in mind your child's strengths. Set aside time to spend with your child.
- Organize the day so your child knows what's happening (refer to your home plan)
- Choose activities where your child will experience success.
- Talk about feelings and use visuals so your child understands
- Use positive reinforcements often. This will help keep your child motivated to work harder and perform well.

Keep your **thoughts positive** because
your thoughts become your words.

Keep your **words positive** because
your words become your behavior.

Keep your **behavior positive** because
your behavior becomes your habits

Keep your **habits positive** because
your habits become your values

Keep your **values positive** because
your values become your destiny.

- GANDHI

Mental Health

Grief and Loss may present itself in many ways during this difficulty time: loss of loved one, loss of predictable futures, loss of control within many areas, loss of a job, or loss our routine/normalcy.

One may experience stages of grief during this time:

Denial- "I can't believe this is happening."
Anger- "This isn't fair."
Bargaining- "I'd do anything to change this."
Despair/Depression- "How will I ever find hope again?"
Acceptance- "It will be okay."

These stages help us identify and frame what we are thinking. Individuals may experience these stages in different patterns and may not experience all the stages.

It is important to acknowledge that one's grief and sense of loss are valid. Individuals will have a personal and unique journey that will change over time. Always give yourself permission to feel your feelings.

"Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim." -Vicki Harrison

Social Work

Family activities can encourage open expression about grief and loss

- Draw/paint: your favorite memories with the person who you have lost.
- Have a chat or try journaling the following prompts:
 - My support systems includes...
 - The hardest time of the day is...
 - Things that help me the most right now are...
- Create and fill a memory box: Gathering special items to honor a loved one's memory and putting them in one place can be very helpful and can be a healing experience as you navigate through grief. Personalize the box and fill it with photos, drawings, letters, keepsakes/trinkets etc.

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Nursing

Hydration

Contributed by Laura Lynn Volmer, BSN, RN
School Nurse at Brazos Bend Elementary

Water is essential to the human body and one of the most important nutrients in your diet.

Your body needs to be hydrated to function at its optimal level. Most of us think of drinking water when you exercise but truth is we need to stay hydrated every day, no matter what the season or temperature outside.

Hydration affects essential body functions such as circulation and helping your organs get the nutrients they need. Dehydration can affect your mood. You may feel cranky, irritable or even have a headache due to dehydration. You may mistake dehydration for hunger, when what your body really needs is water. Some functions of water include:

- main property of blood, which carries nutrients to cells and carries wastes out of the body
- helps convert food into energy
- regulates body temperature
- essential for our senses to work properly
- one of six nutrients essential for life (water, fat, carbohydrates, protein, vitamins and minerals).

Remember, the human body can last up to six weeks without food, but only one week without water. So... drink up and reach for the water first!

Physical Education



Active Family Bingo

Go for a family bike ride	Shoot hoops or dribble a ball on your driveway	Play catch with a family member	Try to catch butterflies
Go on a nature walk and discover new things	Crank up the music and dance	Plant a garden	Get crazy and fun during chores
Take a picnic to the backyard	Clean out your closet and donate items	Kick a ball with a family member	Create an obstacle course in your yard or living room
Let your child be your personal trainer	Do jumping jacks while spelling your vocabulary words	Create a mural with sidewalk chalk	Set up a scavenger hunt in and outside of your house
Blow bubbles and chase them in your yard	Go outside and Hopscotch	Walk around the block and play "I SPY"	Do a family push up challenge
Practice cartwheels in your yard	Cut some flowers and display them in your house	Follow an exercise video such as KidzBop	Board game night