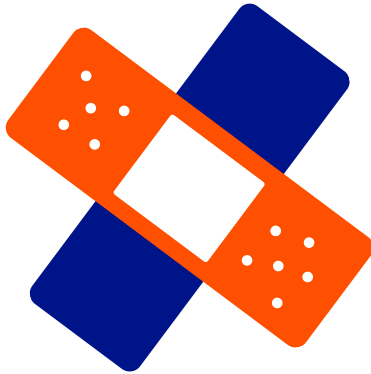


KV COMMUNITY HEALTH & WELLNESS

A Newsletter by the
Kelloggsville Health & Wellness Committee



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COVID-19 FAQs

With cases on the rise in our area, we put together some recent FAQs regarding COVID-19.

What does it mean to be exposed or a close contact?

Within 6 feet of that person for 15 minutes or more. This exposure would be up to 2 days before their symptoms started or 2 days before they were tested for COVID-19.

Quarantine or Isolation: What's the difference?

Quarantine keeps someone who might have been exposed to the virus away from others.

Isolation keeps someone who is infected with the virus away from others.

What if I've had COVID before?

People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine.

What if I've been vaccinated?

Those who have been fully vaccinated (2 weeks after 2nd or final dose of vaccine), will not need to quarantine if in close contact.

Meet the 2021-2022 Mental Health & Wellness Kelloggsville Staff Members

District Nurse

Hi! My name is Karly Hand, I am the District Nurse for the 2021-2022 school year! I have been a nurse for 6 years working in pediatrics. This is my second year with the district, and I am happy to be providing health services to your students. I work with each building to promote a healthy and safe environment for students. I also respond to student and staff emergencies in each building. Please reach out to me any time!

Karly Hand, RN

khand@kvilleps.org



Therapist at Kelloggsville Middle School

Hi, my name is Amy Waldo, I am the therapist at Kelloggsville Middle School! I graduated with my Masters's degree in clinical social work from Western Michigan University and currently have my limited license in social work. This is my first year working in the district and I have loved working within this community so far! I am employed through Family Outreach Center but am at the middle school every school day to do therapy with middle school students. Please contact me at the email or phone number below if you are interested in your middle school student engaging in school-based mental health services.

Amy Waldo, LLMSW

Awaldo@kvilleps.org Work cell: 616-970-2805



Therapist at Kelloggsville Elementary Schools

Hi! My name is Marissa Brill, and I am the Mental Health Specialist for West, Southeast, and Central Elementary. I have a Masters in Clinical Social Work from WMU and specialize in school social work and trauma. My position is a partnership between Family Outreach Center and the district and seeks to provide free and accessible school-based therapy and counseling services for students who are struggling with mental or behavioral health. This is my first year in the district and I have loved getting to know and being a part of this community! If you are interested in school-based mental health services for your elementary student, please reach out to me with the email or phone number below.

Marissa Brill, LLMSW

mbrill@kvilleps.org (616) 648-2682



How do I know if my child is struggling with their mental health?

We have put together a list of common indicators that show if a student could benefit from an evaluation. If your student is displaying any of the indicators on the right on please reach out to a mental health provider.

Free therapy services are available at the middle and elementary schools in the district. If you are interested in your child engaging in these services, please contact:

Middle School Clinician: Amy Waldo at 616-970-2805 or awaldo@focgr.org

Elementary School Clinician: Marissa Brill at 616-648-2682 or mbrill@focgr.org

- Experience persistent sadness (2 or more weeks) that has caused a loss of interest in things they used to enjoy, avoidance of or withdrawal from social activities, etc.
- Hurt themselves or talk about hurting themselves or others
- Talk about death or suicide
- Frequent outbursts/tantrums, extreme irritability, or out-of-control behavior toward peers or adults
- Difficulty sleeping, or sleeping too much
- Changes in eating habits, sudden loss of weight, or fear of gaining weight
- Frequent, unexplainable stomach aches or headaches (with no medical cause)
- Difficulty concentrating
- Changes in academic performance
- Demonstrate frequent failure to follow directions or oppositional behavior toward authority figures (teachers, parents) more than other kids their age
- Say they hear or see things that others cannot see or hear, or that someone is trying to control their mind
- Engage in risky or destructive behavior alone or with friends (substance use, property damage, harm to self or others, etc.)



How Much Sleep Do I Need?

How much sleep you need changes as you age. The American Academy of Sleep Medicine and the Sleep Research Society recommend:

Infant: 4-12 months

12-16 hours per 24 hours (including naps)

Toddler: 1-2 years

11-14 hours per 24 hours (including naps)

Pre-School: 3-5 years

10-13 hours per 24 hours (including naps)

School Age: 6-12 years

9-12 hours per 24 hours

Teen: 13-18 years

8-10 hours per 24 hours

Adult

7 or more hours per night

Take the Stress Out of the Holidays

As fun and enjoyable as holidays are for most families, they can also be stressful times for both adults and kids. Changes in routine, extra busyness and time with family and friends, and less structure throughout the day can lead to feelings of stress and being overwhelmed.

Here are some tips from the Child Mind Institute for how to help reduce stress and make this holiday season more fun and enjoyable for the whole family:

Be Open to Change

Talk with your family about the traditions your family has, or maybe some traditions they'd like to start! Be open to trying new things and including your kids in those decisions as much as possible.

Be Realistic

Know, be mindful of, and protect your own limitations and the limitations of your family. Be realistic about what you can manage during the holidays and focus on the things that you know will be most enjoyable for you and your kids.

Prepare your Kids

Letting your kids know what to expect before things happen is a great way to prevent meltdowns and tantrums and set them up for success. Identifying possible changes in routine, letting them know your expectations ahead of time, and talking through things with them will go a long way in helping your kids feel prepared and supported during this season.

Prioritize & Give Yourself A Break

Instead of trying to create the "perfect" holiday and stretching yourself too thin, prioritize what's most important to you and your family and focus on celebrating in a way that's most meaningful and special to you, rather than the pressure you might feel to have a "picture perfect" holiday.

Keep Things Fun

Your kids will pick up on your stress and tension, so focus on keeping things fun and enjoyable. Remember that your kids will remember the fun times you had as a family more than they'll remember gifts, a perfectly orchestrated dinner, or a perfectly decorated home.

Source: Child Mind Institute, "How to Take the Stress Out of the Holidays"

[How to Take the Stress Out of the Holidays - Child Mind Institute](#)

