

Encouragement

This month students are focusing on the powerful trait, encouragement. Encouragement means supporting others with kind words, positive actions, and belief in their abilities. When we encourage one another, we help build confidence, resilience, and a strong sense of belonging.

Why does encouragement matter?

- Boosts self-confidence
- Strengthens relationships
- Promotes perseverance
- Creates a positive classroom and home environment

Children who feel encouraged are more likely to...

- Try again after making mistakes
- Speak up and share ideas
- Show kindness to others
- Believe in themselves



MARCH SEL TRAIT: ENCOURAGEMENT

Here are simple ways to practice encouragement daily at home:

- ☘ Notice effort: "I'm proud of how you kept trying."
- ☘ Use positive language: "You're improving every day!"
- ☘ Model self-encouragement: "This is hard, but I can figure it out."
- ☘ Leave surprise notes in lunchboxes or backpacks
- ☘ Celebrate small wins

Conversation starters

- Who encouraged you today?
- How did it feel when someone believed in you?
- How can you encourage someone tomorrow?

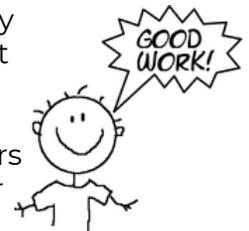
SCAN THE QR CODE FOR MORE WORDS OF ENCOURAGEMENT



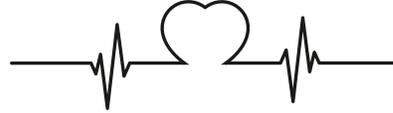
- **The Green Apple Pantry**- Food pantry located at 4307 Kalamazoo Ave SE, Grand Rapids, MI 49508.
Hours: Monday & Tuesday: 9:00 am – 1:00 pm
Wednesday & Thursday: 9:00 am – 3:00 pm
- **Mobile Food Pantry**-
 - March 9th at 6pm- Kentwood Christian Church 5841 Kalamazoo Ave. SE, Kentwood, MI 49508
 - March 11 at 4:30pm- Crestwood Middle School 2674 44th St SE, Kentwood, MI 49512
- **Second Harvest Food Pantry**-
3846 52nd t. SE, Kentwood, MI 49512
Monday, Wednesday and Friday 9:00am-5:30pm
2nd and 4th Saturday of the month 9:00am-12:30pm

Family Encouragement Challenge

- Daily affirmation- start each day with positive affirmations to set a positive tone.
- Affirmation jar- Write down affirmations for family members and place them in a jar for your family to read together.



DISTRICT BEHAVIORAL AND MENTAL HEALTH COORDINATORS
KAMARIA DAWKINS AND KAYLA SMITH



SEASONAL ALLERGY TIPS FOR FAMILIES

Spring often brings sneezing, itchy eyes, and congestion as pollen levels rise. While seasonal allergies aren't contagious, they can affect sleep, focus, and comfort at school.

Helpful tips for families:

- Check daily pollen counts and limit outdoor time on high pollen days.
- Have children wash hands, change clothes, or shower after playing outside.
- Keep windows closed and wash bedding weekly.
- Use saline spray to help clear pollen from nasal passages.
- Talk with your child's healthcare provider about appropriate allergy medications if symptoms persist.



Remember: Allergies usually cause clear drainage and itching without fever. If your child develops a fever or body aches, it may be a cold instead.

Taking a few simple steps can help your child stay comfortable and ready to learn this spring! 🌸

DAYLIGHT SAVING AND SLEEP

Sunday March 8th we "spring forward" for daylight saving.

- Gradually move bedtime 10-15 minutes earlier over several nights
- Get morning light - open curtains after waking
- Keep a consistent bedtime and wake up routine
- Avoid screens 60 minutes before bed and focus on calming activities

Most adjust within a few days, prioritizing sleep help with focus and regulation during this transition.



HEALTHY PACKED LUNCH IDEAS

★ Quick Lunchbox Formula

- Protein + Whole Grain + Fruit + Vegetable + Water = Balanced Energy

💧 Don't Forget Hydration

- Pack a refillable water bottle instead of sugary drinks.

Include at least one fruit and one vegetable.

- Try sliced apples with cinnamon, berries, grapes, baby carrots, cucumbers, cherry tomatoes, or bell pepper strips.
- Add a small container of yogurt dip or hummus to make veggies more appealing.



ALEX CORBETT, RN-BSN, DISTRICT NURSE COORDINATOR

