

Wellness and Responsibility Go Hand in Hand

Wellness and responsibility go hand in hand — taking care of yourself helps you be responsible, and being responsible helps you take care of yourself.

When we take responsibility for our actions, habits, and choices, we are more likely to:

- Eat well and stay active 🏃
- Get enough sleep 😴
- Manage stress and emotions 😊
- Stay organized and meet deadlines 📅

This promotes physical, emotional, and mental wellness. For example, being responsible about sleep and screen time directly supports better focus and mood.

Try This!

Responsibility & Wellness Challenge: Choose one healthy habit to take responsibility for this week (like going to bed on time or asking for help when you feel stressed). Notice how it affects your wellness! Talk about it as a family.



OCTOBER SEL TRAIT: RESPONSIBILITY

This month, students are exploring what it means to show responsibility. Responsibility means being dependable, making good choices, and taking ownership of your actions. It's about doing your part—at home, in school, and in your community. Being responsible also means admitting mistakes and learning from them. When we practice responsibility, we help build trust and show others they can count on us.

At home, encourage conversations about responsibility by:

- Pointing out when your child did something like pick up after themselves, took care of a pet, etc.
- Discussing homework/schoolwork.
- Having conversations about taking accountability for our own actions.
- Have open discussions about appropriate personal boundaries. Help students understand what is acceptable and what is not.

COMMUNITY SPOTLIGHT

THE LITTLE FREE PANTRY

TAKE WHAT YOU NEED, GIVE WHAT YOU CAN!

KENTWOOD ACTIVITIES CENTER

- MON-THURS: 8 AM – 5 PM
- FRI: 8 AM – 4 PM

KENTWOOD DISTRICT LIBRARY

- MON-THURS: 9:30 AM – 8 PM
- FRI: 9:30 AM – 6 PM
- SAT: 9:30 AM – 5 PM

FEEDING AMERICA WEST MICHIGAN

CRESTWOOD MIDDLE SCHOOL

- WED, OCTOBER 8TH : 4:30PM – 5:30PM

KENTWOOD CHRISTIAN CHURCH

- MON, OCTOBER 13TH : 6:00PM

TRUNK OR TREAT

Parking lot of Kentwood police department

Saturday, Oct. 18 10am-1pm

4742 Walma Ave SE



Life gets busy, and as parents, it's easy to get caught up in the never ending "to do" list.

This month, make it a point to unplug and enjoy a fun, screen free activity with your family.

Give yourselves the space to reconnect, laugh, and create lasting memories no electronics needed! Let this be a chance for everyone to slow down and check out the activity by scanning the QR Code to brainstorm creative, fun ways to spend quality time together.

DISTRICT BEHAVIORAL AND MENTAL HEALTH COORDINATORS

KAMARIA DAWKINS AND KAYLA SMITH

KPS CONNECTION



HEALTH SERVICES

OCTOBER 2025 VOLUME 2



KPS Health Services team is proud to serve the Kentwood Community!



Our team is comprised of 10 Nurses and 18 Health Aides

SLEEP

Adequate sleep is vital for student success at school.

The American Academy of Pediatrics recommends students get a minimum of 8 hours of sleep, with a recommended average of 10 hours a night.

Ways to promote adequate sleep

1. Create a routine
2. Avoid screens
3. Read a book or listen to calming music
4. Create a comfortable environment

Being active during the day also helps promote good sleep at night



MEDICATIONS AT SCHOOL

Friendly reminder, that all medications - prescription, non-prescription, herbal, and supplement-medication need a medication consent filled out by parent and medical provider in order to be given at school. This is in compliance with MDE (Michigan Department of Education) model policy for medication administration at school.



You can find a copy of the medication consent on the [KPS Health Services webpage](#)

October is Sudden Cardiac Awareness month!

KPS is committed to cardiac preparedness. 11 of our schools are MiHeart Safe Certified, and we are continuing to work towards becoming a MiHeart Safe Certified district!

DISTRICT NURSE COORDINATOR AND DISTRICT NURSES



Health Services

