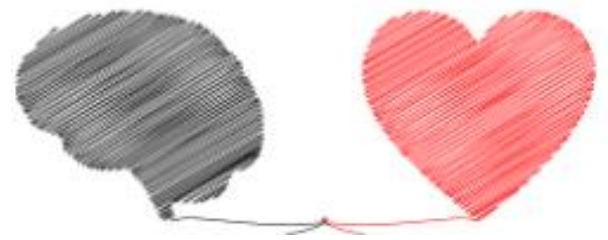


The District Student Services Team is excited to share a monthly newsletter with our Citrus County Schools Community. Each month, we will share information about mental wellness, behavioral health and strategies to help our students, staff and families.



## Culture of Wellness

Research states that schools that prioritize staff wellness demonstrate positive staff interactions, a shared commitment to student success, and an increased sense of warmth. (Bradshaw, et al., 2008).

However, teachers who experience occupational stress tend to demonstrate a lack of emotional support and negative interactions with students, producing additional stress for at-risk students. (Hamre, & Pianta, 2005; Oberle & Schonert Reichl, 2016).

Student-Teacher relationships are one of the most powerful predictors of student emotional wellness, classroom climate, and academic success. Teachers should try to make a brief personal connection each day with students. (Adapted SMART CENTER, 2020).

### Yale Center for Emotional Intelligence: Register for a Free SEL Course

Registration is offered on a rolling basis through December 31, 2020 and will be hosted by Coursera. Individuals who enroll in this 10-hour course will:

1. Gain a deeper understanding of the science of stress and trauma
2. Enhance skills in identifying and managing difficult emotions (within themselves and students)
3. Explore the intersection of race, bias, identity and social emotional learning
4. Practice key steps for helping students manage their emotions
5. Create an action plan

Yale Center for Emotional Intelligence

To Register: <https://www.ycei.org/selcourse>

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IN TEACHING  
YOU CAN'T DO THE  
--- --  
BLOOM STUFF  
UNTIL  
YOU TAKE CARE OF  
--- --  
THE MASLOW  
--- --  
STUFF.

- ALAN E. BECK



### Culture of Self Care

#### Strategies for Coping

- [Daily Calm](#) – Time to be still, get comfortable, turn off lights, calming music. Time for breathing, slow, deep belly breaths. [Self-Care for Teachers](#)
- [Daily Activity](#) and Movement – Walks, exercise, outdoor time ([Family Engagement Collaborative](#))
- [Biology Breaks](#) – Stand, stretch, move, mind breaks

#### Mental Health for All

- [Positive greetings – for students and staff](#)
- [Positive connections](#) across the day
- Routines that include [calming strategies](#), daily physical activity, biology breaks.
- [Consistent, predictable, safe, and equitable learning environments.](#)
- [Dependable and positive relationships](#)



Click the Seven Pillars of Self-Care for more information

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Providing support and creating opportunities through targeted services for students and families while maximizing student potential and creating a safe, positive learning environment.

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