

WEDNESDAY, SEPTEMBER 11, 2019

TODAY'S ACTIVITIES:

- This week we will continue with a follow-up lesson centered around Suicide Prevention Month
- Share the following information with your students:
 - During Suicide Prevention month every year a theme is picked. This year's theme is **Finding Purpose- Taking Care of Ourselves and Others**. This theme reflects both a focus on the power of protective factors, as well as the role we all play in helping others.
 - **Protective factors:** are personal and environmental characteristics that help protect people from harm.
 - These include connectedness to family, community and social institutions, problem-solving and coping skills, access to effective behavioral health care, and a sense of purpose or meaning in life.
 - It is easy to forget all the good things that are happening in our life and sometimes we need to be reminded.
- Please Pass out Yellow bookmarks (to be delivered to you by a TA) and have students fill them out.
 - While the students fill out their bookmarks, play the [Video](#) from Logic's VMA performance of 1-800-273-TALK (8255).
- Highlight the importance of identifying their strengths or what is going well in their lives. As well as the importance of identifying safe coping skills.
 - Highlight the back of the card about **A.C.T. (Acknowledge, Care, Tell)**
 - **Acknowledge: Listen to your friend, don't ignore threats.**
 - **Care: Let your friend know your care!**
 - **Tell: Tell a trusted adult that you are worried about your friend**
- Please remember your GLT, Teachers, and School Social Workers are here to help.
- Here's a quote I like, share if you would like to:
 - "Every day may not be good... but there's something good in every day."

ANNOUNCEMENTS:

- REMINDERS:
 - [Adjusted Bell Schedule](#) tomorrow!
 - Please review the adjusted bell schedule for Thursday
 - There will be an extended 2nd period for a lesson on the dangers of vaping and e-cigarettes.
 - Students who start 2nd period - Please note CLASS STARTS @ 9:26 am!
 - Did you know that community service and scholarship opportunities are listed on the Class of 2023 Canvas page? Be sure to check under "modules" for any new opportunities or information you may have missed.
- UPCOMING EVENTS:
 - Blue Out! Wear your best blue outfit and join us THIS FRIDAY September 13th on the Pool Deck for our first pep rally of the year! There will be fun, festivities, and a teacher belly flop contest!
- COMMUNITY SERVICE OPPORTUNITIES:

- We've officially had our first community service form turned in! Woo hoo! Ms. Meza is ready to enter your hours! Remember to bring your completed community service forms to the mailbox outside her door to be inputted!