

December

Mental Health Team Resource Flyer

This month's edition highlights:



It's the season for...
Gratitude, Generosity & Handwashing

NAT'L HANDWASHING WEEK

National Handwashing Awareness Week takes place each year during the first full week of December. It is observed to educate individuals on proper handwashing techniques and the importance of maintaining hand hygiene. Hand hygiene was first introduced to health care in the 19th century by Hungarian physician, [Ignaz Semmelweis](#).

So soap up, and join the efforts to stop the spread of infections! Click [here](#) for our favorite handwashing how-to.

PRACTICING GRATITUDE

[Teaching gratitude](#) is one of the most important things you can teach your kids—practicing gratitude sets kids up to be more sensitive and empathetic to others. Many experts say [being grateful leads to increased overall happiness](#) (that goes for us too, fellow adults).

These simple activities will help you begin the conversation with your kids:

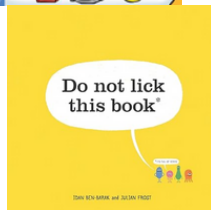
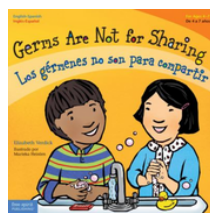
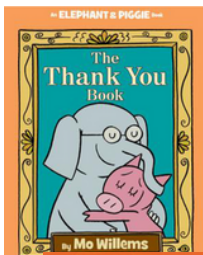
1. Model gratitude out loud
2. Make a gratitude [tree](#) or [jar](#)
3. Read books
4. Make a gratitude collage
5. Donate with your children
6. Talk about it
7. Make gratitude part of your day, every day



Book Nook



These are just a few great books for you and your student to explore together to better understand the importance of gratitude, giving and even handwashing!



Holiday Gift Drives

Put on your Santa hat for students' families who need gift-giving support this holiday season!

- ♥ If you would like to donate a gift basket to one of the over 100 Takoma Park families who are in need of support, please sign up [here](#).
- ♥ And, there is only one week left to give to the Lafayette holiday gift drive for students and their siblings. To donate please click [here](#).

More information on these drives available at [lafayettehsa.org](#). Thank you for your generous support of these annual drives!

In Your Community



At-Home Resources



23-24 Mental Health Team

School Psychologist



Chioma Tait, MA
Cognitive, Academic, & SEL Testing PK-5
Mental Health Team Member
Social Emotional Learning (SEL) Committee

School Social Workers



Marjorie Jean, LICSW
PK, Kindergarten and 1 students w/IEPs &
Intellectual Learning Supports (ILS)



Erin Ayers, LICSW
2nd and 3rd students w/IEPs &
Early Learning Supports (ELS)
Social, Emotional, Behavioral Intervention Coach
SEL Committee Co Facilitator



Sophia Carre', LICSW
4th and 5th Students w/IEPs &
Specific Learning Supports (SLS)
Student Behavior Health Coordinator
MTSS Coordinator (Temporary):
SEL Committee Co Facilitator

School Counselors



Jillian Diesner, Ed.S., LPC
PK - 1st - Peace Teacher/Tier 1 Supports
PK - 1st - Social, Emotional Behavioral Interventionist
PK - 1st - 504 Coordinator and Related Service Provider
Family Engagement & Outreach



Shakirra McKinley, MS, MHC-LP
2nd - 5th Social, Emotional, Behavioral Interventionist
2nd - 5th 504 Coordinator and Related Service Provider
2nd - 5th Tier 1 general classroom support