



End of year wrap-up...sliding into summer!

~Monitoring Media~

While the counseling staff at NLS does not screen, promote, or give warnings to parents about TV shows, movies, video games, apps, etc., we do give suggestions to parents of how they can monitor what their child is viewing, and the importance of discussions with your child about graphic or violent content. Parents know their child best. We have been made aware of concerns and questions regarding the Netflix series "13 Reasons Why". In the interest of safety, we have listed resources for parents:

- Common Sense Media – A site that reviews TV shows, movies, games, apps, websites, books, and music based on seven categories. Just type in the search bar for quick access to a thorough review.

<https://www.commonsensemedia.org/>

<https://www.commonsensemedia.org/tv-reviews/13-reasons-why>

- National Association of School Psychologists - article that discusses mental health concerns regarding the TV series on Netflix, "13 Reasons Why" – due to its graphic and violent content, and lack of information on how to get help for mental health concerns

<https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/13-reasons-why-netflix-series-considerations-for-educators>

- Huff Post - article on "13 Reasons Why" which includes links to information from Suicide Awareness Voices of Education (SAVE) and other national suicide prevention organizations

http://www.huffingtonpost.com/entry/13-reasons-why-mental-health-portrayal_us_58f65f6ae4b0bb9638e70390

While May is typically "Mental Health Month", NL-S provides support and education on mental health throughout the school year. Some of the activities are as follows:

- Students have learned mindfulness and deep breathing to help focus and relax the mind.
- Middle School RAPP classes received classroom lessons regarding good sleeping patterns, healthy eating and exercise, mindful thinking, ways to reduce anxiety, importance of spending time with family and friends as well as depression, suicide prevention, and tolerance.
- Lunch activities have been provided to educate students about mental health.
- Staff has been trained on mental health issues and behavior prevention strategies.
- Health classes discussed the realities of alcohol use and mental health conditions.
- Personal safety skills were taught by Officer Pirrotta, liaison officer.
- Students learned how to be assertive, empowered and to stand up for themselves and others.
- Individual student education, prevention and intervention was provided as needed.

~A Reminder About Personal Safety~

- Youth of all ages should be aware of their surroundings.
- Walk, bike, blade, etc. with friends/siblings/parents. Always wear a helmet.
- Parents, know where your child is! It's **OK** to check up on them.
- Talk to your child about the dangers of drugs & alcohol. Allowing underage use or hosting in your home is **illegal**. <http://www.co.kandiyohi.mn.us/docs/Admin/Ordinances/PartyOrdinance.pdf>
- Reinforce safety rules of the road. No distracted driving, use seatbelts, etc.
- College-bound students and their parents should enter Campus Security and local police department phone numbers into their phone.
- Safe media use: Check out these links on social media and app addiction:
<http://www.cbsnews.com/news/brain-hacking-tech-insiders-60-minutes/>
<https://youtu.be/-HVVHULmy6gE>

**SAVE THE
DATE!**

October 10th 2017:

MN Adult & Teen Challenge:

Know the Truth will present firsthand accounts of people who have experience with chemical dependency and recovery. There will be a program during the day for students (7th-12th grade) as well as a community presentation that evening.

Need ideas for counseling over the summer?

Speak with your doctor, or see below for some ideas to get started.

Community Outreach Counseling

320-905-4206

<http://www.communityoutreachcounseling.net/>

Woodland Centers

320-235-4613

www.woodlandcenters.com

Crossroads Counseling

320-214-8558

<http://www.crossroadscounselingcenters.com/>

Willow Creek Counseling

320-354-4200

www.willowcreeknl.com

Rice Institute

320-231-4399

<http://www.ricehospital.com/riceinstitute>

Contact us!

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