



Managing stress is important at all age groups from young child to adults. When surveyed, our students still indicate high levels of stress and anxiety. The NL-S social workers, counselors and nurse have worked within each building to teach students how to cope with stress and anxiety. Part of coping is to recognize how to eliminate some stress. The other part is recognizing that stress is a natural part of life and learning how to manage it is important. This newsletter focuses on what each building is teaching about stress, as well as resources families can utilize to help cope with stressors you may have.

What has my child learned about anxiety?

Prairie Woods Elementary

During the month of January, elementary students will learn about what stress is and learn strategies to calm down when feeling stress.

Some strategies students will learn, and practice are:

- * Deep belly breathing
- * Positive imagery (picturing their happy place)
- * Body relaxation

Something to try at home:

Easy Calming Jars:

- * Squeeze glitter glue into a mason jar
- * Add water
- * Secure lid tightly on jar
- * Shake heavily until the glitter glue is dissolved in the water
- * Watch, and re-shake as needed

Middle School

In the coming months, Middle School RAPP classes will be focusing on "Handling Stress".

Students will be learning:

- * Common stressors
- * Healthy & Unhealthy coping strategies
- * Life transitions that can cause stress
- * Mindfulness skills to reduce stress
- * Suicide Prevention information
- * Sensory preferences when under stress

Coping Skills



High School

In December, high school students will participate in a Calming Tour, in which they will learn new coping strategies. Each student will spend a half-day rotating among 6 sessions.

Sessions include:

- * Deep breathing and Sensory preferences
- * Yoga
- * Zumba or aerobics
- * Using technology as a stress breaker rather than a stress maker
- * Making stress work for you
- * Sleep and nutrition

The goal of each session is to either provide information about stress and its effects or to help students learn to manage their stress.

~Resources for the holiday (and any) season~

The Link (Local Advocacy & Resource Network)

(Financial outreach when all other resources are exhausted, Tuesday Table (free community meal), food pantry, household exchange, backpack program)

206 N. Main St., New London, MN 56273
(320) 353-5555

Community Closet

(Clothes, shoes, purses)

206 N. Main St., New London, MN 56273

Hope Care Pantry

(Hygiene products, children's supplies, and household items)

7730 North Shore Dr., Spicer, MN 56288
(507) 220-0516

United Community Action Partnership (Heartland)

200 4th St. SW Willmar, MN 56201
(320) 235-0850

Kandiyohi County Human Services

(Energy and mortgage assistance, home repair loans, rent, WIC, clothing and food)

2200 23rd Street NE, Willmar, MN 56201
(320) 231-7800

Hope Pregnancy Center

325 4th Street SW
Willmar, MN 56201
(888)235-7619

Hope for our City

(Grocery distribution)

1020 Hwy. 71 NE, Willmar, MN 56201 (across from Flags of Honor)

Family Promise of Kandiyohi County

(Help for families experiencing homelessness)

312 6th street, Willmar
320-441-2288,

Suicide Helpline – 800-273-8255 or text “life” to 61222

Woodland Mobile Crisis Unit (320) 231-9158

MN Domestic Violence Crisis Line 1-866-223-1111

Detox or 24-hour Emergency 888-959-6280

Alcoholics Anonymous 320-235-3413

Contact us!

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