



STUDENT & FAMILY SUPPORT SERVICES

STRATEGIES FOR CALMING BEHAVIORS

Whether this is your first-year teaching, or you are a seasoned veteran, you know students come to school with a variety of trauma. Unfortunately, not all students are ready to learn when they walk through the school doors. Some students express their trauma through "outbursts." You all know what I am talking about, throwing chairs, talking back, or being aggressive to you or other students.

These situations can be difficult for everyone involved. Research gives us a great starting point of how to maintain a trusting relationship while serving our students.



Overview from the video:

- #1 Calm Them Down
- #2 Communicate Clearly
- #3 Avoid Ultimatums
- #4 Set Boundaries
- #5 Actively Summarize
- #6 Acknowledge Others

Every student is different, and some strategies will not work with certain students. However, please know that our district has resources in place and that you are not alone. These behaviors tell a story of what is going on in the lives of our students. School Social Workers are here to work alongside families to help students thrive.

Warmly,
Emily Gurley, LMSW

Reference: Edutopia (2020). Retrieved from <https://www.edutopia.org/video/how-respond-when-student-acts-out>.

TAKE A PEEK AT WHAT'S INSIDE:

- Calming Strategies
- Tips for Self-Care
- Employee Assistance Program
- What We Do

I WASN'T BORN TO
"JUST TEACH."

I WAS BORN TO INSPIRE OTHERS,
TO CHANGE PEOPLE,
AND TO NEVER GIVE UP;
EVEN WHEN FACED WITH
CHALLENGES THAT
SEEM IMPOSSIBLE.

The Importance of Self-Care

The Oxford Dictionary defines self-care as, “the practice of taking an active role in protecting one’s well-being and happiness, in particular during periods of stress.”

One of the most significant issues encountered every day by teachers, administrators, parents, or other helping professionals, is that it’s often necessary to give of themselves to a diverse number of demands. It takes a tremendous amount of energy to provide the services with a loving, caring, and compassionate heart. Therefore, it is best practice to take time for one’s self.

One way to do that is through self-care and stress management. Self-care requires identifying stressors and learning to manage them appropriately. In the book, *The Upside of Stress*, McGonigal explains that stress in life is good for the person’s health if it’s dealt with positively. The author explains in her book that stress can bring meaning to life. She does that by posing some questions that make the person understand how stress can be beneficial. “Is there something in your life that is both meaningful and causing you a great deal of stress? Take a few moments to write about why this role, relationship, activity, or goal is so important to you.” (pg. 69)

Some positive ways to deal with the overwhelming feeling of stress are:

- Reading
- Resting
- Going for a walk, a run, or playing a sport
- Journaling
- Reconnecting with friends and family
- Being creative (painting, crafting, organizing)
- Spending time outdoors
- Drinking a cup of hot tea or chocolate
- Relaxing with 5 minutes of mindfulness

Self-care does not have to be a complicated process. It is as simple as being aware of your body and taking a few minutes to be intentional about slowing down and breathing.

Maria Aguilar, BSW

References:

Retrieved 10/26/20 <https://languages.oup.com/google-dictionary-en/>

McGonigal, K. *The Upside of Stress*. Avery, Penguin Random House, New York.

Employee Assistance Program

From the current political climate, to the recent racial unrest, to the concerns of COVID-19, the stressors of today are mounting for all of us. With the holidays approaching, that stress you are feeling today can only grow as the days pass unless you find an outlet or relief. As a reminder, AISD provides an Employee Assistance Program (EAP) to it’s employees, dependents and members of their household.

The program includes three (3) face-to-face assessment and counseling sessions per issue as well as online support.

EAP can help if you are facing:

- Depression, grief, loss and emotional well-being
- Family and marital issues
- Life improvement and goal-setting
- Addiction issues such as alcohol and drug abuse
- Stress or anxiety
- Financial and legal concerns
- Identity theft and fraud resolution
- Online will preparation

You may contact the EAP Customer Service at 1-888-293-6948. You can also find them online at: <https://www.workhealthlife.com/Standard3>.

What we do...

AISD School Social Workers are dedicated liaisons between school, family and community to assist students in reaching their academic goals, strengthen emotional well-being and social engagement. We mobilize family, school, and community resources to enable students to learn as effectively as possible in his or her educational program.

School social workers provide the following services for students:

- Offer group/individual life skills support for conflict resolution, problem-solving strategies and decision-making skills.
- Assist students in understanding and accepting self and others.
- Identify and remove barriers to academic success.
- Develop intervention strategies to promote social and emotional well-being.
- Provide crisis intervention.

School social workers provide the following services for parents:

- Identify stress or barriers contributing to the student's ability to function effectively in school and community.
- Coordinate family/guardian support in their children's school environment.
- Provide parenting sessions to help facilitate consistency at home and school.
- Advocate and ensure access to programs available to students with special needs.
- Assist parents/guardians in accessing and utilizing school and community resources.

“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.”

~~Malcolm X