

Did you know?

Allendale is kicking off a new PBIS program in January at Evergreen Elementary! PBIS stands for "Positive Behavioral

Interventions and Supports"! Staff and several teachers will be attending training in the Fall in order to establish a positive school culture which includes setting up the school social environment to reflect a shared vision of common values and behavior expectations.



Parent Resources

Links to resources on resilience parenting

<https://www.readbrightly.com/books-about-resilience-for-parents/>

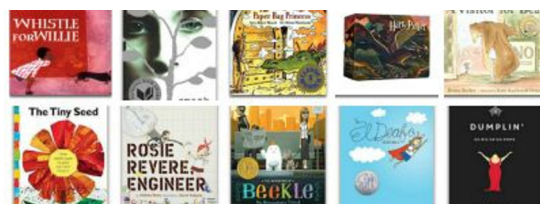
<https://centerforparentingeducation.org/recommended-parenting-books/page-2/#resil>

<https://afineparent.com/gift-guides/childrens-books-about-resilience.html>

<https://www.fatherly.com/play/8-childrens-books-that-inspire-resiliency/>

<https://biglifejournal.com/blogs/blog/top-childrens-books-resilience>

<https://www.readbrightly.com/childrens-books-that-celebrate-strength-and-resilience-in-the-face-of-lives-challenges/>



20 Awesome Children's Books About Resilience (Sorted by Age)
AFineParent.com



Parent Workshop on Resilience

Sponsored by: APS Mental Health Committee

Wednesday, Oct 9th

(MS/HS Aged Parents)

Ceglarak Aud.- HS

"Building Strong Teens"

5:30 Dinner/ 6:00 Workshop- both nights

Thursday, Oct 10th

(PS-5th Grade Aged Parents)

Evergreen Cafeteria

"Building A Resilient Child"

Resiliency

by: Andrew Jakobcic

Resiliency is a term that has received some buzz in the last few years and for good reason. This broad term holds a lot of weight for developing strong, confident, and empathetic children. The American Psychological Association defines resiliency as "the ability to adapt well to adversity, trauma, tragedy, threats or even significant sources of stress." I think the key word here is stress and how we learn to manage it. This is where healthy adults can make a significant difference in the lives of children. Modeling and teaching healthy stress management is crucial to a child's ability to recognize their stress "triggers" and develop healthy coping skills. One of the main areas we can help our children manage their stress and move through change is by creating consistent routines and responses. The American Psychological Association has a great list of skills/techniques for developing resilience. Check it out here: <https://www.apa.org/helpcenter/resilience>.