

April 2021

Catholic Academy of Niagara Falls

School Social Work Newsletter

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Spring is officially here! As we return from Easter break, I want to talk about our Character Trait of the Month, ***Perseverance***. This will be so important to practice as we continue to work through continual changes and challenges, while the days are getting longer and warmer, and it's harder to stay inside to get school work done. Please take note of the virtual opportunities for both yourselves and your children for extra support during this time. Take care of yourselves and, as always, reach out if I can help!

-Ms. Nugent

Contact Ms. Nugent:

(716) 289-7703

andrea.nugent@ccwny.org

In case of an emergency call
Erie County Crisis Services: (716)
834-3131

Niagara County Crisis Services:
(716) 285-3515
or 911

Perseverance

Perseverance implies that a person will persist with a task even when he would rather do something else or when the task becomes difficult. It can make the difference between a child who gives up and one who completes what he sets out to do.

Children who persevere:

- believe that they are competent and able to master their environment.
- know they can handle challenges.
- see themselves as focused and determined.
- are trustworthy because they do what they say they will do.
- set goals and work toward achieving them.
- are more willing to take risks in trying new and difficult situations.



Books about perseverance:

- The Curious Garden by Peter Brown
- The Most Magnificent Thing by Ashley Spires
- The Dot by Peter Reynolds



How to develop perseverance in your child:

- Quick, Sincere Praise- PRAISE their effort, not just the finished product. A great way of communicating praise is to celebrate your child with other people. When your child is nearby and you're on the phone or in a conversation, mention how proud you were that they finished a task or big project. They remember how you made them feel, and that makes a lasting impact.
- Start Small- Help your children to set goals and to break larger tasks into smaller, more manageable pieces so that they do not get overwhelmed. Praise each successful step along the way toward reaching the final goal. When you start with small simple task, they get to enjoy their growing success with every step forward. The goal is to persevere through a task or project, not for your child to have mastery in an area that has been a consistent challenge. If the area of concern is reading, make the goal something small like: Read 3 pages of a book and tell me about it.
- Show Growth- A good way to do this is to keep work samples along the way and show them how they've improved.

-Taken from The Center for Parenting Education ([website](#)).

Virtual Group Opportunities

Managing Anxiety Virtual Social Skills Group for Ages 10-14

**Monday Evenings April 12th, 19th, 26th,
May 3rd 6:00pm – 7:00pm**

Facilitated by Catherine Wetzler
Certified Recreation Therapists

Topics will include: *Dealing with things that make us feel anxious *Knowing and understanding triggers and ways to calm down
*Use of mindfulness and meditation to help manage anxiety

Please note, this is a progressive group and children are required to attend the group weekly so that they can build on the skills taught the previous week. We understand that schedules are busy and ask that you do your best to have the child attend all 4 weeks. Week one Miss Cathy will review with parents the supplies that will be needed. (Ex; paper, markers, etc.) We ask that prior to getting on the group; children have the requested supplies so they can begin on time. Miss Cathy is also requesting that parents be present with their child in the beginning of each group to participate in a group meditation. This will help parents/caregivers reinforce the skills taught in the home.

Register in advance for this meeting:

https://us02web.zoom.us/join/zoom/register/tZakceCrqTlvHdPsHmuQwp_IF4UWn8-xWjc9

After registering, you will receive a confirmation email containing information about joining the meeting.

Questions? Stacie Dziwulski 716-886-1242 Ext 337 sdziwulski@mhawny.org

Online and Phone Support Now Available for Parents and Caregivers

MHA certified family peer advocates are now available to offer support through online video chats and phone appointments.

2021 Online Family Support Groups Video Chat Support Group for Caregivers of Children, Teens and Young Adults ages 18-26

Thursdays 7:00pm-8:00 pm

April 8th & 22nd May 13th & 27th

June 10th & 24th July 8th & 22nd

August 12th & 26th September 9th & 23rd

October 14th & 28th November 11th

December 9th & 23rd

To sign-up: RSVP to laney@mhawny.org or call
716-886-1242 x313

You will receive a confirmation email with login information

Individual Family Peer Support One-on-one phone or email support with a family peer advocate.

Contact: Stacie Dziwulski 716-886-1242 x337, sdziwulski@mhawny.org or
Dawn Tisdale 716-886-1242 x321, dtisdale@mhawny.org



These virtual support groups are put on by the Child & Family Support Program. The Child & Family Support Program is a program of Mental Health Advocates of WNY, 999 Delaware Avenue, Buffalo, NY 14209 MHAWNY.ORG

Active April Calendar

Active April 2021

MONDAY



5 Eat healthy and natural food today and drink lots of water

12 Set yourself an exercise goal or sign up to an activity challenge

19 Have a 'no screens' night and take time to recharge yourself

26 Try a new online exercise, activity or dance class

TUESDAY



6 Turn a regular activity into a playful game today

13 Move as much as possible, even if you're stuck inside

20 Spend less time sitting today. Get up and move more often

27 Take an extra break in your day and walk outside for 15 minutes

WEDNESDAY



7 Do a body-scan meditation and really notice how your body feels

14 Make sleep a priority and go to bed in good time

21 Focus on 'eating a rainbow' of multi-coloured vegetables today

28 Find a fun exercise to do while waiting for the kettle to boil

THURSDAY

1 Commit to being more active this month, starting today

8 Get natural light early in the day. Dim the lights in the evening

15 Relax your body & mind with yoga, tai chi or meditation

22 Regularly pause to stretch and breathe during the day

29 Meet a friend outside for a walk and a chat

FRIDAY



2 Listen to your body and be grateful for what it can do

9 Give your body a boost by laughing or making someone laugh

16 Get active by singing today (even if you think you can't sing!)

23 Enjoy moving to your favourite music. Really go for it

30 Become an activist for a cause you really believe in

SATURDAY

3 Spend as much time as possible outdoors today

10 Turn your housework or chores into a fun form of exercise

17 Go exploring around your local area and notice new things

24 Go out and do an errand for a loved one or neighbour

SUNDAY

4 Have a day free from TV or screens and get moving instead

11 Be active outside. Dig up weeds or plant some seeds

18 Make time to run, swim, dance, cycle or stretch today

25 Get active in nature. Feed the birds or go wildlife-spotting

ACTION FOR HAPPINESS

Happier · Kinder · Together

"Spring is proof that there is beauty in new beginnings."

— Matshona Dhliwayo