

TIPS FOR EMBRACING BALANCE & WELL-BEING

ReSTART FORSYTH WELLNESS: SKILL & WILL

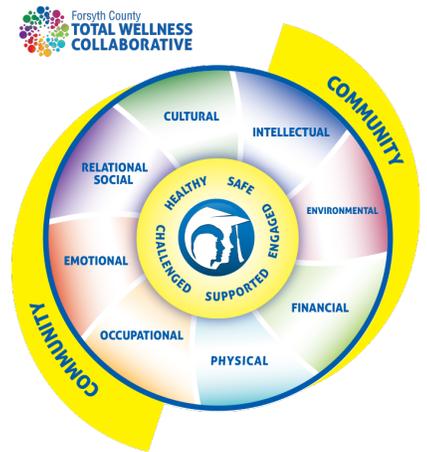
If relationships are the actual structure in which learning takes place, they are also one of the most powerful protective factors for maintaining mental and physical health. It seems natural then that community & mutual social support are a precious resource for pulling us all through these times. Social support—from adults and peers—will help protect children from the negative effects of the pandemic, just as social support protects adults from all manner of mental and physical maladies.

When school is in session, either virtual or in a school building, relational learning creates natural opportunities for community and the social support it brings.

A few thoughts on how Forsyth can work on ‘Skill & Will’ in relationships:

- **KEEP IT SIMPLE:** The quality of your relationship as a coworker, friend or neighbor or parent to the student will help reassure them – they are OK. It makes them feel, “You are important. Our relationship matters”. Ask, “Do you feel supported?”
- **HELP LABEL EMOTIONS:** As they transition back into the school setting (virtual or in-person classroom) try saying, “That seems like it was frustrating and scary, did I get that right?”, “I’m so sorry that happened to you, I’m so glad you told me.”
- **VALIDATE:** Help them feel connected by these statements, “I believe in you”, “I’m thankful for your...”, “I’ve noticed that you are trying really hard”, “That makes sense”, “I could see why you feel that way.”
- **STAY POSITIVE:** Use gratitude for things that students are still able to do or may have had more time for these past several months. Say “I’m so thankful for...”
- **STAY SOLUTION FOCUSED:** Instead of focusing on the negative, try Mind Mapping by saying, “You are such a strong person”, “What helped/or is helping you through that?”, “What do you think could help with that?” By exploring solution options or strengths, the student will self- generate and be more connected to a positive outcome.
- **LOOKING THROUGH ANOTHER’S POINT OF VIEW:** Empathy helps us all be inclusive and compassionate driving a strong resilient home, classroom, school and community.

Remember to juggle the task, not the person



Our growth model comprises eight attributes of wellness.

TWC looks at these areas to gather information from the community on resources and opportunities for wellness.



How to keep safe going back to school:

- ▶ [Elementary School](#)
- ▶ [Middle School](#)
- ▶ [High School](#)

EDUCATOR RESOURCES:

Information:

[The EdTech Connection](#)

Digital Citizenship for Elementary Students:

[How to be an Online Learning Super Star](#)

[How to Help Your Child Have a Successful](#)

[Online Learning Experience](#)

Re-engaging Disconnected Students Online and at School:

[Focus on Intrinsic Motivation](#)



**Georgia Student
Wellness: Educating
the Whole Child**

Community News



Community Events



Programs & Services

 Emergency Financial Assistance - Housing Assistance - Utility Assistance - Other	 Weekly Market Food Pantry - Available Weekly - Fresh Produce - Meats - Dairy	 Assistance with Medical Bills - Vision - Prescription - Dental
 Senior Outreach - Weekly Hot Meal - Grocery Shopping - Light House Maintenance - Wheel Chair Ramps	 Youth Outreach - Mentoring - Paid Summer Internship - Holiday House (Christmas) - School Backpacks - Orange Duffel (Life Skills)	 Workforce Development - Resume Writing - GED & Other Certification - Forklift Training
 Essential Home Needs - Clothing - Furniture - Housewares	 Homelessness Assistance - Tents - Showers - Laundry	

Does your child qualify for Free or Reduced Lunch?

If so, you may qualify for a one time SNAPs benefit (food stamps) of \$256.50 per qualifying child.

If you already receive SNAP benefits, you **DO NOT** need to apply.

To complete the applicatoin
- Scan the following QR code with your phone's camera:



- Click where it says: **"Apply Here by Sept. 25"**

For more information
- Scan the following QR code with your phone's camera:



If you need help completing the application call The Place :
770-887-1098

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In Alan Watts book, [The Fish Who Found the Sea](#) is a tale of a fish who tried to hold onto his tail because he was afraid of falling into the abyss of the great ocean. When he couldn't catch his tail, he panicked. The fish eventually finds that he is gently held by the great ocean and all he needs to do is move his tail from side to side to propel himself through the water, and he realizes that, actually, he was perfectly safe all along.

Children often fear the unknown—like things that go bump in the night, something hiding under the bed or in the closet, or learning to swim on their own—like our fish in the story. Going to school or walking home for the first time are scary experiences, but after a few times, children begin to get used to doing such things with the support of their family, friends, and teachers.



Literacy Forsyth
literacyforsyth@gmail.com

FREE ONLINE GED COMMUNITY PROGRAM



2020 FREE GED ENROLLMENT

Language Arts

Mathematics

Science

Social Studies



EASY ENROLLMENT...
Contact Lynn Sennett
lynn@theplaceofforsyth.org
(770) 887-1098

INVESTING IN YOUR FUTURE

- 97% of colleges and universities accept GED credentials for enrollment.
- More than 90% of employers consider those with GED credentials the same as traditional high school graduates with regards to hiring, salary, and opportunity for advancement.

WHAT TO EXPECT?

- ✔ FREE Friendly Online Platform
- ✔ FREE One on One Tutoring
- ✔ FREE GED Testing Vouchers
- ✔ NEW Student Incentive Program

Session Date:
Sept 14 - Dec 16

Monday & Thursday
6:30PM-8:30PM

LiteracyForsyth.org