

Mental Health & Behavior Support Services

Newsletter Issue No. 5 June 2020-Teachers Edition

What Is a Trauma-Informed School?

In a trauma-informed school, the adults in the school community are prepared to recognize and respond to those who have been impacted by traumatic stress. Those adults include administrators, teachers, staff, parents, and law enforcement. In addition, students are provided with clear expectations and communication strategies to guide them through stressful situations. The goal is to not only provide tools to cope with extreme situations but to create an underlying culture of respect and support.

<https://traumaawareschools.org/traumaInSchools>

How Does Trauma Affect Children?

- The National Survey of Children's Exposure to Violence found that over 60% of children surveyed experienced some form of trauma, crime, or abuse in the prior year, with some experiencing multiple traumas.
- As many as one in three students who experience a traumatic event might exhibit symptoms of post-traumatic stress disorder (PTSD). Following a child's exposure to a traumatic event, parents and teachers are likely to observe the following symptoms:
 - **Reexperiencing** — constantly thinking about the event, replaying it over in their minds, nightmares.
 - **Avoidance** — consciously trying to avoid engagement, trying not to think about the event.
 - **Negative Cognitions and Mood** — blaming others or self, diminished interest in pleasurable activities, inability to remember key aspects of the event.
 - **Arousal** — being on edge, being on the lookout, constantly being worried.
- <http://traumaawareschools.org/impact>

Traumatic Events and Learning

- Symptoms resulting from trauma can directly impact a student's ability to learn. Students might be distracted by intrusive thoughts about the event that prevent them from paying attention in class, studying, or doing well on a test. Exposure to violence can lead to decreased IQ and reading ability. Some students might avoid going to school altogether.
- Exposure to violence and other traumatic events can disrupt youths' ability to relate to others and to successfully manage emotions. In the classroom setting, this can lead to poor behavior, which can result in reduced instructional time, suspensions, and expulsions.
- Long-term results of exposure to violence include lower grade point averages and reduced graduation rates, along with increased incidences of teen pregnancy, joblessness, and poverty.

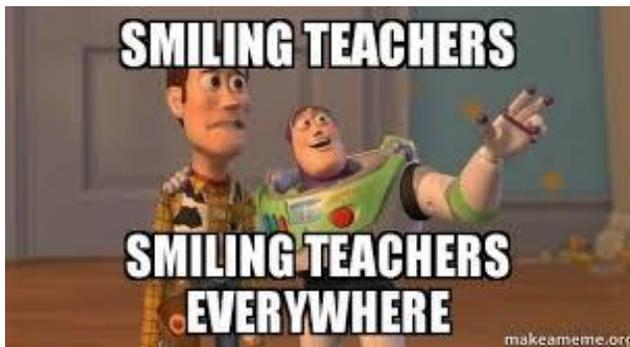
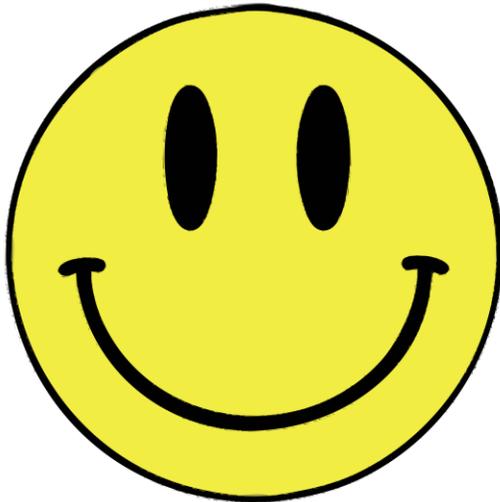
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What Are the Benefits of Smiling?

“It takes fewer muscles to smile than it does to frown!” This is a common expression used to encourage people to look at the bright side and focus on the positive. What if the physical act of smiling actually had a positive effect on your brain? Research says that it just might! <https://www.destressmonday.org/the-benefits-of-smiling/>



Reasons to Smile

One definite benefit of smiling is a release of tension, easing stress and anxiety. Smiling may redirect you to a more positive direction and help you let go of a source of negativity. Think of it as a positive muscle memory – your brain remembers that when you smile you’re experiencing something good

Need help finding a reason to smile? Talk to someone you know can make you laugh or look on the internet for something that always brings a smile to your face. If you’re able, set a photo that you love as your computer desktop so it will always be handy! Make that the first thing you do Monday morning to make you smile!

<https://www.destressmonday.org/the-benefits-of-smiling/>

Next Issue:

1. Will continue to provide self-care tips and techniques.
2. Please email me if you want any other topic added to the Newsletter.
3. Will begin to provided information regarding Trauma.