HUDSONVILLE PUBLIC SCHOOLS

The SOARce

Educating, challenging, and inspiring all learners to become contributing, responsible members of a global society.

May 2020

Hello!

I hope this edition of The SOARce finds you and your family healthy and safe. If someone would have told me back in August that this would be our current reality, I don't think I would have believed it.

If these were "normal" times, end-of-the-year school activities would be ramping up and we'd be eagerly anticipating warmer weather and a break from the hustle and bustle of the school year. It's hard to make any concrete plans these days, as things seem to change by the hour, and the uncertainty of it all can be unsettling to say the least.

When things feel chaotic, the best thing we can do is focus on what's in our control. Shifting our focus in this way brings a sense of calmness and peace when everything else feels unsettled. I hope that you can glean some tips from this edition of The SOARce to bring you and your family some comfort during this unprecedented time.

Wishing you and your family all the best.

Melissa Bernard
Student Services Coordinator

TAKE TIME TO REFLECT

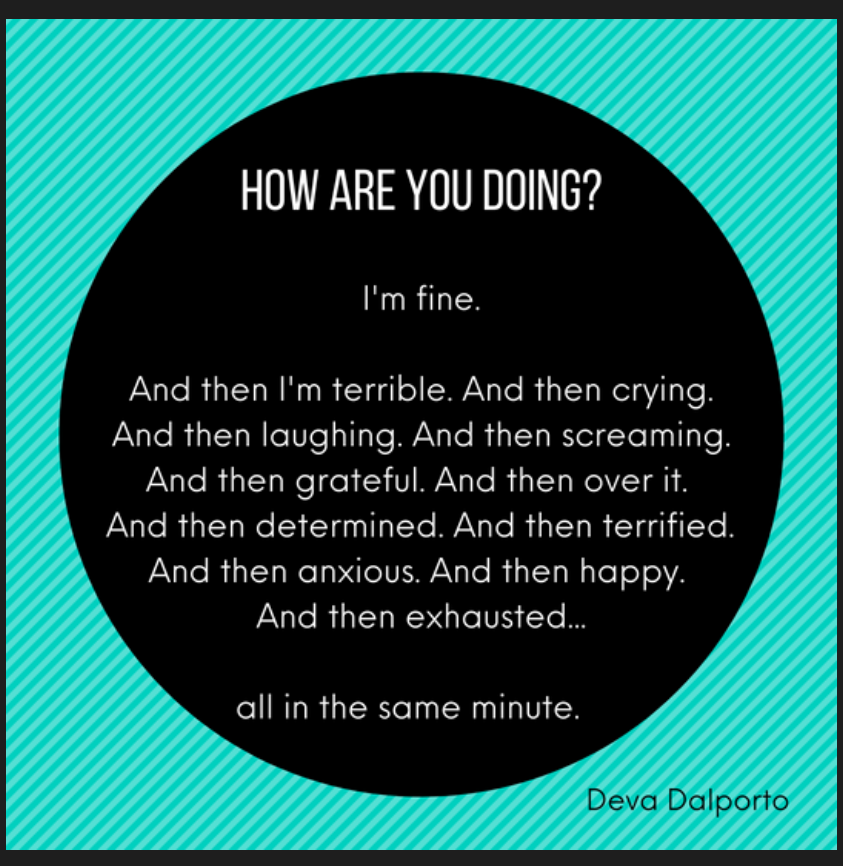
The world has drastically changed in the past 8 weeks, and it's extremely difficult to predict the ways in which these changes will impact our lives in the years to come.

For many, these changes have sparked anxiety and worry. Will we be safe? When will things reopen? What will this look like going forward? And, depending on the day, you can get conflicting answers to these questions from many different experts.

We don't have control over many of these things, which can spark feelings of unease and overwhelm. Reframing our thinking, and focusing on what's in our control, can help us work toward a sense of calmness and peace.

Use this time to think about what you prioritize and how that might look differently going forward. Are there things you were doing before all of this that no longer have a place in your life? How might you carve out intentional time for the people and activities you cherish the most? Creating a "new normal" is completely within your control. What will yours look like?

VALIDATE ALL THE FEELINGS



Do you find yourself happy one moment and then completely anxious the next? If so, you're in good company.

We are living through a pandemic, and there is no rule book for how we should feel and cope. It is important to name and validate each feeling as it comes -- even the ones that make us feel uncomfortable. By doing this, we are able to give ourselves grace and model for our children that there is room for ALL of our feelings.

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SOCIAL/EMOTIONAL GROWTH

This printable time capsule is a unique and creative way to document what your family has been up to during this time. There are versions for kids and adults. It's a great way to initiate conversation and get a glimpse into what your children are feeling.

Click on the image to the left for a printer-friendly version.

No printer? No problem!
Just use plain paper and create one yourself.

DIGGING DEEPER INTO OUR FEELINGS

Feelings are complicated and, often, the behavior that we see (avoidance, anger, sleep issues, etc) is how we are communicating a larger feeling beneath the surface.

In order to work through our feelings in a productive way, the first step is to name them when we feel them. Naming our feelings is normalizing, and it creates an opportunity for us to put our feelings into perspective. Once we've done that, we need to give ourselves grace and compassion for feeling the way that we do. And finally, don't compare your feelings to someone else's feelings. Our perspectives and experiences are unique to us, and we may respond differently than someone else. That's okay.♡

ANSWERING DIFFICULT QUESTIONS

Kids ask lots of questions, and you might be fielding many tough questions right now that are difficult to answer.

Click on the photo to the left for step-by-step guidance on how to answer difficult questions.

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COMMUNITY CONNECTIONS

During this time, you may have questions or need to seek assistance in some way. Click on the icons below to access local community supports for meals, unemployment, and various other needs.

MICHIGAN UNEMPLOYMENT

INTERACTIVE MAP OF FOOD DISTRIBUTION

FEEDING AMERICA FOOD TRUCKS

2-1-1

HPS COMMUNITY CONNECTION

Did you know that you can follow HPS Student Services on social media? We have active accounts on Instagram, Facebook, and Twitter. The hope for these social media accounts is to deliver digestible and relevant social/emotional content that you can implement in some way -- at home with your child(ren), or even in your own personal life. Click on the icons below for direct access -- we'd love to have you follow along!

@melmbernard

HPS Student Services

@studentservicesathps