

# WELLNESS NEWSLETTER

## WASHINGTONVILLE SCHOOL DISTRICT

### MARCH/APRIL 2022

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**SLEEP AWARENESS WEEK (MARCH 13TH-  
MARCH 19TH)**

**[SLEEP AWARENESS WEEK® 2022](#)**

**WORLD SLEEP DAY (MARCH 18TH)**



**THE AMERICAN ACADEMY OF SLEEP MEDICINE  
(AASM) AND THE AMERICAN ACADEMY OF  
PEDIATRICS (AAP) ENDORSE THE FOLLOWING  
GUIDELINES:**



**FOR FURTHER INFORMATION AND TO LEARN MORE ABOUT BUILDING  
HEALTHY SLEEP HABITS, CHECK OUT THIS ARTICLE FROM  
HEALTHYCHILDREN.ORG: [HEALTHY SLEEP HABITS](#)**

*Additional Information from [HealthyChildren.org](#):*

*[Brush, Book, Bed: How to Structure Your Child's Nighttime Routine -  
HealthyChildren.org](#)*

*[Smart Solutions for Safe and Sound Sleep](#)*

*[Sleep Tips for Your Family's Mental Health - HealthyChildren.org](#)*

# MARCH IS SELF-HARM AWARENESS

*Nonsuicidal self-injury, often simply called self-injury, is the act of deliberately harming your own body, such as cutting or burning yourself. It's typically not meant as a suicide attempt. Rather, this type of self-injury is a harmful way to cope with emotional pain, intense anger and frustration*

## UNDERSTANDING PATTERNS OF SELF-INJURY

### ■ Self-Injury as a Coping Mechanism

People self-injure as a way to cope with overwhelming feelings—or lack of feeling at all, a condition called “dissociation.”

### ■ Self-Injury is Often Cyclical

Many people who use self-injury as a primary way of coping go in and out of periods where they self-injure. Unless they find and use other more healthy ways of coping, they are likely to turn to self-injury again to manage stress or negative feelings.

### ■ Hiding Self-Injury Behavior

Although it's relatively common, many people self-injure in private, making it difficult for others to detect.



The Jed Foundation

***If you or someone you know are struggling with your feelings around self-injury call 1-800-273-TALK (8255) for a free, confidential conversation.***

### **What is Self-Harm?**

*For some people, when depression and anxiety lead to a tornado of emotions, they turn to self-harm looking for a release. Self-harm and self-injury are any forms of hurting oneself on purpose. Usually, when people self-harm, they do not do so as a suicide attempt. Rather, they self-harm as a way to release painful emotions.*

### **Why Do People Self-Harm?**

*Let's start with this: everyone needs a way to cope with their emotions. People who self-harm have turned to hurting themselves as their coping mechanism to manage their emotions.*

### **So, people might self-harm to:**

- Process their negative feelings
- Distract themselves from their negative feelings
- Feel something physical, particularly if they are feeling numb
- Develop a sense of control over their lives
- Punish themselves for things they think they've done wrong
- Express emotions that they are otherwise embarrassed to show

***For more information/resources click the links below:***

**[Self-injury/cutting - Symptoms and causes - Mayo Clinic](#)**  
**[Self-Harm - Crisis Text Line](#)**  
**[Understanding Self-Injury](#)**

IN A CRISIS?

**Text HOME to 741741 to  
connect with a Crisis  
Counselor**

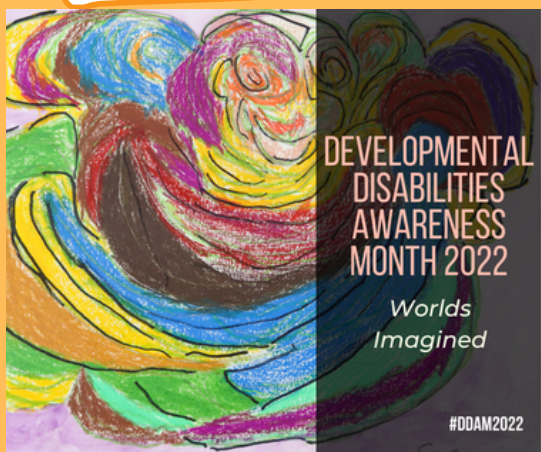
Free 24/7 support at your fingertips.

Text Us



# DEVELOPMENTAL DISABILITIES AWARENESS MONTH

## MARCH 2022



*Every March, the National Association of Councils on Developmental Disabilities (NACDD) and its partners collaborate to observe Developmental Disabilities Awareness Month (DDAM).*

*For more information:*

[Developmental Disabilities Awareness Month 2022 | ACL Administration for Community Living](#)

*The National Disability Rights Network works in Washington, DC on behalf of the Protection and Advocacy Systems (P&As) and Client Assistance Programs (CAPs), the nation's largest providers of legal advocacy services for people with disabilities.*

*For more information:*

[National Disability Rights Network](#)



### WORLD AUTISM AWARENESS WEEK (MARCH 30TH TO APRIL 5TH)

*Autism Spectrum Disorder (ASD) refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech, and nonverbal communication. According to the CDC, autism affects an estimated 1 in 44 children in the U.S.*

*Therefore, in April, we can share stories and provide opportunities to increase understanding and acceptance of people with autism. It is a goal that ALL people with autism can reach their full potential.*

*For further information, you may refer to: <http://autismspeaks.org> or call the Autism Society National Helpline at 1-800-328-8476 where specialists can provide local resources*

### **Local Event click below:**

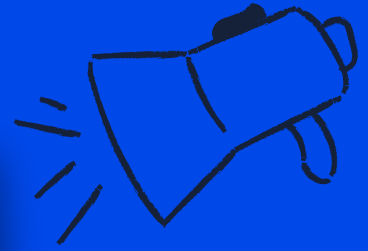
[Sensory-Friendly Bunny: The Westchester | Autism Speaks](#)

*The Autism Speaks Kindness Campaign encourages acceptance, understanding and inclusion with daily acts of kindness. The Kindness Campaign is a great way to celebrate World Autism Month or World Autism Day in April.*

[AUTISM SPEAKS KINDNESS CAMPAIGN](#)

# APRIL 2022 EVENTS

SPONSORED BY THE WASHINGTONVILLE TEACHER CENTER  
COORDINATED BY THE DISTRICT SOCIAL WORK TEAM



## Parent Workshop

### ANXIETY

*What is it?  
What do I do about it?*

THURSDAY

28

APRIL

@ 7pm  
high school  
library

Presented by Kayla Aguirre Guerrero, LCSW  
Director, Health and Wellness Counseling Center

Kayla is a licensed clinical social worker who earned her master's degree from New York University. She currently works with clients ages 12 and older utilizing a cognitive behavioral and dialectical behavioral approach to manage depression, anxiety, poor peer relations, codependency, mood disorders, and low self-esteem.

We hope you can join us for this important workshop to learn about anxiety and how to help our kids and teens, and ourselves, manage it.

Please RSVP [Here](#)



# APRIL 2022 HIGH SCHOOL EVENTS

## STEP into the POWER

Thursday, April 7, 2022 7-8pm

WHS Auditorium

Entry: FREE



**Come support the WHS  
Steppers**



**You don't want to miss it!!**

# APRIL 2022 HIGH SCHOOL EVENTS

## Celebrating Humanity Through Language

World Language Honor Society

### International Night

Washingtonville High School

Friday, April 22, 2022 6-8pm

Auditorium / large cafeteria

Come and enjoy traditional foods and performances from many countries around the world!!

Cost: Free (Donations appreciated)

Snow date: April 29, 2022

Tervetuloa

Welcome!

Bienvenue

أهلاً وسهلاً

Willkommen

Bienvenidos

Karibuni

歡迎光臨

Kalώς  
Όπότες

Byen venu

歡迎

Aloha

Benvenuti

Velkommen



# APRIL IS CHILD ABUSE PREVENTION MONTH



*April marks Child Abuse Prevention Month. Each April, people join the movement to promote Child Abuse Prevention (CAP) Month to raise awareness that child abuse is preventable.*



**Who:** The Office of Child Abuse Prevention & The Child Abuse Prevention Center present the 4<sup>th</sup> Annual Child Abuse Prevention

Month: Kids' Art Contest. The Contest is open to children and youth in

the following categories: K-2nd, 3rd -6th, 7th-8th and 9th-12th

Click below for more information about submission:

**KID ART CONTEST DEADLINE APRIL 11, 2022**



**CLICK [HERE](#) TO DOWNLOAD THE CAP MONTH WEEKLY SPEAKER SERIES FLYER.**





# APRIL IS SEXUAL ASSAULT AWARENESS MONTH



*NSVRC provides research & tools to advocates working on the frontlines to end sexual harassment, assault, and abuse with the understanding that ending sexual violence also means ending racism, sexism, and all forms of oppression.*

*Now more than ever, screens and technology connect us with romantic partners, friends and family, co-workers, and strangers alike. For too long, harassment, cyberbullying, sexual abuse, and exploitation have come to be expected as typical and unavoidable behaviors online.*

*Last year, the national Sexual Assault Awareness Month (SAAM) campaign uplifted the message that “We Can Build Safe Online Spaces,” calling on audiences to practice digital consent, intervene when we see harmful content and behaviors, and promote online communities that value safety and respect. This April, the SAAM 2022 campaign continues to build on this vision with a call to action: “Building Safe Online Spaces Together.”*

[What is online sexual abuse?](#)

[Know The Facts](#)

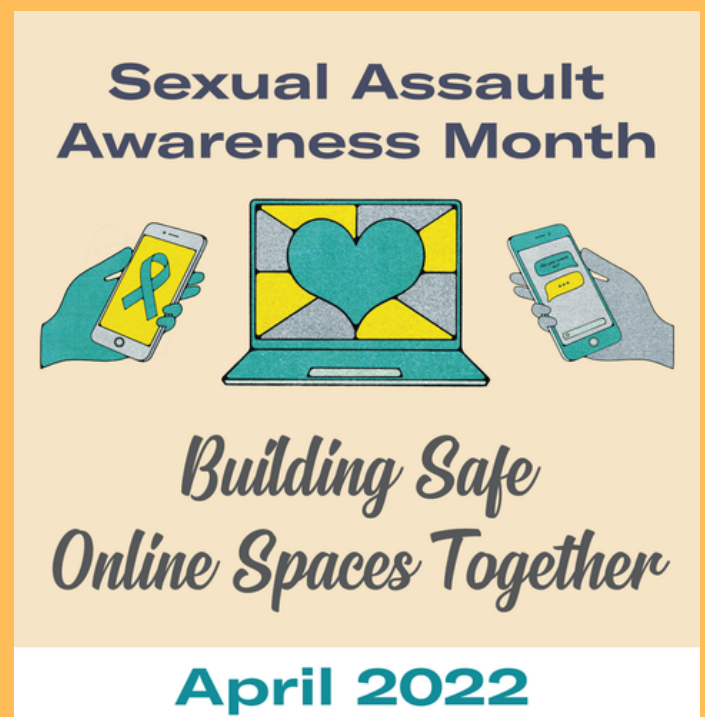
[Supporting Survivors | National Sexual Violence Resource Center \(NSVRC\)](#)

[Practicing Digital Consent | National Sexual Violence Resource Center \(NSVRC\)](#)

[#30DaysofSAAM Challenge | National Sexual Violence Resource Center \(NSVRC\)](#)

**For more information:**

<https://www.nsvrc.org/>



*Sexual harassment, assault, and abuse can happen anywhere, including in online spaces. For too long harassment, cyberbullying, and sexual abuse and exploitation have come to be expected as typical and unavoidable behaviors online.*

*Building Safe Online Spaces Together is possible when we practice digital consent, intervene when we see harmful content and behaviors, and promote online communities that value respect, inclusion, and safety.*



# APRIL 2022 EVENTS



PARENT TO PARENT OF NEW YORK STATE BUILDS A SUPPORTIVE NETWORK OF FAMILIES TO REDUCE ISOLATION AND EMPOWER THOSE WHO CARE FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES OR SPECIAL HEALTHCARE NEEDS TO NAVIGATE AND INFLUENCE SERVICE SYSTEMS AND MAKE INFORMED DECISIONS.

**CLICK THE LINK FOR MORE  
INFORMATION:**

**[PARENT TO PARENT OF NYS](http://parenttoparentnys.org)**

***TO REGISTER FOR A WEBINAR GO TO:***

***[HTTP://PARENTTOPARENTNYS.ORG/NEWS/STATEWIDE-EVENTS/](http://parenttoparentnys.org/news/statewide-events/)***