



# OCEAN CITY SCHOOL DISTRICT

# WELLNESS NEWS

Term: September | Issue 1 |

## HIGH SCHOOL

### September is National Suicide Awareness Month

Are you worried about your child's emotional well-being? Here are 7 tips to help boost your teen's self-esteem:

- *Set Boundaries and Expect Them to Follow Rules*
- *Be Generous with Praise*
- *Encourage Decision-Making and Opinions*
- *Stay Connected with All Forms of Communication*
- *Be Supportive During a Conflict*
- *Criticize Constructively*
- *Encourage Their Individual Talents*

**For more info on how to talk to your teens about their self-esteem visit these sites:**

<https://www.healthychildren.org>

<http://www.quickanddirtytips.com>

Ocean City School District has many resources if your child is suffering and needs help. Please contact Mrs. Jill Berenato or Ms. Faye Noble if you would like more information.

(609) 399-1290 ext 4101

## INTERMEDIATE

### Healthy Habits & Hobbies

Pre-teens /Teens are at the important age of discovering their likes and dislikes; good habits from bad habits. Encourage them to respect themselves and others while finding what they like. For ideas on how to bring up the subject of peer pressure and making good choices visit TIME.com and click on the "Parents and Children" section.



## PRIMARY



Think your child is too young to talk about tough topics? A recent study by the Raising Children Network (2016) has found that depression in children ages 5-10 has increased 15% in the past 20 years. Doesn't sound like much, but shouldn't the number be 0?

Try making a game out of it and choose "Table Topics" at dinner w/subjects like sadness, anger, & happiness. See what they think they mean and help them understand how to always feel positive!

## MORE INFO...

**OCHS Back-to-School Night**  
9/25/18 @ 7pm

**Stop by the Wellness Center in D-102 and learn how we can help your children enhance their educational experience and life.**

### Gilda's Club

The Ocean City School District is proud to bring back Gilda's Club to the Intermediate and High School. They will be meeting once a month with a bevy of activities for children of all ages who have been afflicted by Cancer in their life. If your child is interested, please contact their school counselor.