



May 14, 2021

# Friday Focus...

## A Family-Friendly Weekly Update

### Notes:

☑ "May is Mental Health Awareness Month, focusing this year on amplifying the message that *You Are Not Alone.*" According to the National Alliance on Mental Illness, 1 in 5 US adults live with mental health challenges. Data also shows that about 17% of children age 6 -17 years, experience a mental health disorder. Our kids are not alone either. Started in 1949, the goal of Mental Health Awareness Month has been to raise peoples' understanding and strengthen their knowledge around mental health. This includes those living with mental or behavioral health struggles. Awareness is a step towards breaking the stigma that many face when experiencing mental health challenges." To make it a little easier for you and those in your life, we've created a list of resources below. They are intended to help you if you are in need of mental or behavioral health support:

- **Crisis Text Line:** To access a nationwide 24/7 Crisis Text Line, text "HELLO" to 741741 and to be connected directly with a crisis counselor or visit <https://www.crisistextline.org/>.
- **National Suicide Prevention Hotline:** The Suicide Prevention Life Line provides an emotional support lifeline to anyone thinking about suicide. For support in English call 1-800-273-8255 (in Spanish call 1-888-628-9454). For additional support lines or to get help via chat, visit <https://suicidepreventionlifeline.org/talk-to-someone-now/>.
- **Ok2Talk.org:** Ok2Talk.org is geared towards providing mental health resources to youth. The site also offers the opportunity for teens and young adults to submit their stories. Visit <https://ok2talk.org/> for more information.
- **The National Alliance for Mental Health (NAMI):** The National Alliance for Mental Health offers a helpline M – Fr, 10 am – 8 pm EST. Call 1-800-950-NAMI (6264) to reach a HelpLine volunteer who can answer questions, provide support and give guidance on practical next steps. NAMI also offers a series of valuable infographics to help build understanding of the ripple effects of mental illness and provide support as well as a comprehensive series of informational resources focusing on children and mental health. Visit <https://www.nami.org/help> for all this information.
- **The Substance Abuse and Mental Health Administration (SAMHSA):** The Substance Abuse and Mental Health Administration offers resources to get support or find a treatment facility, visit <https://www.samhsa.gov/>.
- **Resolve Crisis Services:** Resolve is a 24-hour, 365-day crisis service that's free to all Allegheny County residents. You might be struggling with depression or substance abuse, or maybe you're overwhelmed by problems at work, feeling lonely, or having a conflict with a loved one. Whether your problem is large or small, talking with someone can help. Just call resolve Crisis Services for help at 1-888-796-8226 or visit their website <https://www.upmc.com/services/behavioral-health/resolve-crisis-services>.

Please reach out at any time to our District's counselors or social worker if you have any questions or concerns about your child's mental health.#

## End of Year Calendar:

May 19	SHS	6:00 pm	NHS Induction	Marshall Auditorium	
May 20*	Acme		Kindergarten Graduation		
May 20	SHS	7:00 pm	Honors Banquet	Springdale Jr-Sr High School	
May 20 - 23	SHS		Musical – “Annie”	Virtual -24/7 Access Ticket information TBA	
May 21	Acme	TBA	Grade 6 Picnic	Students Only	
May 23	SHS	6:00 pm	Prom	Gateway Clipper	
May 25	SHS	6:00 pm	Senior Parade	Lincoln Avenue, Springdale	Rain Date: Wednesday, May 26
May 27	SHS	TBA	Baccalaureate	Marshall Auditorium	
May 28			Last Day for Students		
May 28	SHS		Senior Stroll	Acmetonia Elementary	
May 28**	SHS	7:00 pm	Graduation	Veterans' Field	

\*Kindergarten Graduation rain date: May 21; additional details to follow.

\*\*Graduation rain date: May 29 at 11:00 am at Veterans' Field.

The SHS Choral and Band Concert will be released the week of May 17. A link will be sent when it becomes available.

Please note that all events are by invitation/ticket only; no events are open to the public due to Covid restrictions. All events and dates are also subject to change due to Covid restrictions.

## COVID-19 Information:

Parents are encouraged to contact Ms. Kandi Conner, School Nurse, to report positive cases of COVID-19 that directly affect their child, including if the child has tested positive, has symptoms related to COVID, or has been exposed and will need to quarantine. In addition, parents with questions should contact:

**[Ms. Kandi Conner](#) 724-900-5443**

The Allegheny Valley School District no longer sends individual emails regarding positive COVID-19 cases. The District now reports all positive cases on its website with a new [COVID-19 Tracker](#). The Tracker is updated daily by 4:00 p.m. throughout the week with any new cases reported. Cases attributed to the school are identified in the Tracker and are useful in considering if and when schools will close. Cases attributed to the schools are cases where an individual was contagious while in school or was exposed to a known positive COVID-19 individual in the school. Please check the [COVID Tracker on the web site](#) for the most up-to-date information.

The District also asks if your child is symptomatic or may have been in close contact with a positive case he/she needs to stay home. Parents are asked to contact the school nurse immediately with information on a positive case or COVID symptoms. The District stresses the importance of contacting the School Nurse directly. Ms. Kandi Conner serves as the District's School Nurse ([kconner@avsd.k12.pa.us](mailto:kconner@avsd.k12.pa.us) or 724-274-2110 (office) or 724-900-5443 (hotline). Your cooperation with sharing information with the nurse and reporting any positive cases of COVID-19 within your family or close contacts is very important.

#All information and resources taken from the Ready4K website and the article they posted "You Are Not Alone: Building Mental Health Awareness in 2021 [https://blog.ready4k.com/2021/05/12/mental-health-awareness/?utm\\_source=ActiveCampaign&utm\\_medium=email&utm\\_content=You%20Are%20Not%20Alone%3A%20Mental%20Health%20resources%20to%20share&utm\\_campaign=Blog%20-%20May%2012%20%28Mental%20Health%20Month%29](https://blog.ready4k.com/2021/05/12/mental-health-awareness/?utm_source=ActiveCampaign&utm_medium=email&utm_content=You%20Are%20Not%20Alone%3A%20Mental%20Health%20resources%20to%20share&utm_campaign=Blog%20-%20May%2012%20%28Mental%20Health%20Month%29).