



Centerville Community Schools

# ***Student Support Services Newsletter***

## ***Fall 2020***

*Nothing can be done without hope and confidence. -Helen Keller*

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*The goal of this newsletter is to share information with staff that can help make our schools welcoming, safe and supportive for all students.*

### **Iowa ACEs Information**

Adverse Childhood Experiences (ACEs) are situations of abuse, neglect and household challenges. It is important to consider ACEs, as research has shown how childhood trauma can have a lasting impact on our lives. Both physical and mental health is affected.

Iowa ACEs 360 has released a new report: *Healing Iowa: How Iowans are reshaping systems and communities for children to thrive*. Check it out at [Healing](#).

The new report tells us 64% of Iowa adults report 1 or more ACE in their childhood, and in our Southeast Iowa region, 17.4% of adults report 4 or more ACEs.

→→→→→ **What can we do?** ←←←←←

-Prevent ACEs by helping educate parents and future parents about ACEs and the impact of childhood trauma


-Encourage families to connect with local resources


-Help make your school environment a place of physical and emotional safety for students

-Model compassion, empathy and self-care

*More ideas are included in the new report...*

## **Self Care Tips**

 Start a “smile file” with positive notes, cards, or emails from co-workers, parents or students. Include pictures or artwork from students. Look back at this file on tough days for a positive boost.

 Schedule a fun activity for yourself, outside of school, that you can look forward to each week. Make it a priority.

## **Mental Health and Support for Staff**

CHCSI is offering FREE mental health/wellness coaching for all school staff in light of the COVID-19 pandemic. The goal is to support staff dealing with stress and encourage positive coping strategies. Refer yourself or get more information by contacting Danielle O’Brien at 641-856-6471 or email [MHwellness@chcsi.org](mailto:MHwellness@chcsi.org).

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### **October is Healthiest State Month**

[Movin' Movin'](#) has fun activity cards to incorporate more movement in the classroom.  
**#healthychoicescount**

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## **Iowa Public High School Students** **2019 Youth Risk Behavior Survey**

*From the Iowa Department of Public Health*

**One quarter drank alcohol in the past 30 days**  
**11% binge drank in past 30 days**


**Well over half ate vegetables at least once/day**  
**12% ate vegetables 3 or more times/day**

**Nearly half have used an electronic vaping product**  
**20% vaped in past 30 days**

**1 in 4 got 8+ hours of sleep on average on school nights**  
**1 in 3 felt sad or hopeless most of the time**  
**1 in 3 are overweight or obese**

### ***Student Support Services Team...***

Marcia Bowen, Meghan Decena, Luann Eakins, Cindy Fluegge, Liz Harvey, Ryan Hodges, Denise Howe, Megan Kirkland, Matt Kovacevich, Emily Kozak, April Maldonado, Jason Reed, and Tino Terrones.

 Have you liked us on FaceBook? We share scholarship and workforce information, as well as parenting tips, safety information, and local resources.