



Mindful Moments

Mental Health Newsletter

MAY 2025

MAY MENTAL HEALTH AWARENESS MONTH

Wrapping Up the Year with Mindfulness and Meaning

As we approach the end of the school year, the month of May offers us a powerful opportunity to pause, reflect, and reconnect with ourselves, each other, and the purpose that brought us to this learning community. *Mental Health Awareness Month* reminds us that well-being isn't just about surviving; it's about thriving with purpose, joy, and gratitude.

Mental Health Focus: Understanding Youth Depression

Depression in children and adolescents can look different from adults. It may appear as irritability, withdrawal, difficulty concentrating, or a drop in academic performance. According to the CDC, about 1 in 5 children experience a mental health disorder in a given year, and only half receive treatment.

- Tip for Staff: As the year winds down, keep a supportive eye on students who seem especially withdrawn or irritable as the year winds down.
- Tip for Students: If they're feeling low or overwhelmed, reach out to a trusted adult or counselor who can help.

TRANSITION REMINDER: FOR SOME, SCHOOL IS THE SAFEST PLACE

Ending a new chapter and moving toward the end of the year, it's important to remember that for many of our students, school is more than a place to learn; it's a place where they feel safe, seen, supported, and emotionally cared for. While countdowns to summer can be fun for some, they can also increase anxiety, emotional distress, and behavioral challenges for others.

Consider This Instead:

- Instead of emphasizing the days left, focus on what students have accomplished and how they're feeling about the transition.
- Use language that validates their emotions:
- "It's okay to feel unsure about summer. We're here to talk about it."
- Reassure students that the relationships built here still matter and will continue in some way

FINAL THOUGHT: CULTIVATE JOY

Let this summer be more than a break—let it be a reset, a time to reclaim your joy, curiosity, and sense of purpose. The work we do in education is sacred. It shapes minds, hearts, and futures. Together, let's step into summer with wholeness, gratitude, and hope.