

## September 2018: R.I.S.E. Arkansas / Mental Health Awareness

### R.I.S.E. (Reading initiative for Student Excellence) Arkansas

- R.I.S.E. Arkansas <http://www.arkansased.gov/divisions/learning-services/r.i.s.e.-arkansas>
- R.I.S.E. Arkansas: Ways to Help (Parent Resources): <http://www.arkansased.gov/divisions/learning-services/r.i.s.e.-arkansas/ways-to-help>
- Gov. Hutchinson's Message about R.I.S.E. Arkansas & the Science of Reading Professional Development - YouTube  
Video: <https://www.youtube.com/watch?v=DLTgu7FbjG>
- R.I.S.E. Arkansas Fact Sheet: [http://www.arkansased.gov/public/userfiles/Learning\\_Services/RISE/Literacy\\_News/RISE\\_Arkansas\\_Fact\\_Sheet..pdf](http://www.arkansased.gov/public/userfiles/Learning_Services/RISE/Literacy_News/RISE_Arkansas_Fact_Sheet..pdf)
- ¿Cómo aprenden a leer los niños? <https://www.serpadres.es/3-6-anos/educacion-desarrollo/articulo/lectoescritura-como-aprenden-a-leer-los-nino>

### Mental Health Awareness

- The Importance of Mental Health Awareness in Schools: <https://www.wgu.edu/heyteach/article/importance-mental-health-awareness-schools>
- Three Powerful Messages For Promoting Mental Health Awareness In Every School: <https://www.nami.org/Blogs/NAMI-Blog/April-2015/Three-Powerful-Messages-for-Promoting-Mental-Health>
- Stress management Tips for Students: <https://psychcentral.com/blog/stress-management-tips-for-students/>
- Cultivating mindfulness in the classroom: <https://educationcloset.com/2016/04/22/cultivating-mindfulness-classroom/>
- Exploring Emotions: [https://sesamestreetincommunities.org/topics/emotions/?utm\\_source=google&utm\\_medium=cpc&utm\\_term=stressinkids&utm\\_content=Stress&utm\\_campaign=SSIC2018](https://sesamestreetincommunities.org/topics/emotions/?utm_source=google&utm_medium=cpc&utm_term=stressinkids&utm_content=Stress&utm_campaign=SSIC2018)
- Explorar los sentimientos: <https://sesamestreetincommunities.org/topics/sentimientos/>
- Por qué las escuelas deberían prestar más atención a la salud mental de los estudiantes: <http://ediciones-sm.com.mx/?q=blog-por-que-las-escuelas-deberian-estar-mas-atencion-a-la-salud-mental-de-los-estudiantes>

- Como se Puede Ayudar a los Adolescentes con Estres: [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Spanish/Como%20se%20Puede%20Ayudar-a-los-Adolescentes-con-Estres-066.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Spanish/Como%20se%20Puede%20Ayudar-a-los-Adolescentes-con-Estres-066.aspx)