

The Advocate



Tools to Encourage Students to Show Up

Educators and caring adults providers play a pivotal role in addressing chronic absence among students. Their influence extends beyond the classroom, shaping a positive perspective on attendance for both students and the wider school community.

Recognizing the impact of absences on individual learning and the collective classroom experience, teachers and influential adults can actively promote a culture of consistent attendance from the very beginning of the academic year.

When educators utilize guardian-teacher conferences as a platform to discuss the significance of regular attendance, they can foster a collaborative understanding.

Teachers can share insights into how absences disrupt the learning process, emphasizing not only the individual impact on the absent student but also the ripple effect on the entire class.

Preschool, Head Start, and kindergarten teachers can integrate attendance awareness into their activities, making it an integral part of the transition into the next grade.

Attendance Works created a toolkit just last year to better help you address attendance. They even provided specific tools based on the role you play in a student's life.

For example, tools created for educators include:

Teaching Attendance 2.0 toolkit

Positive Parent Messaging Toolkit

Early Matters: Integrating Attendance Into Kindergarten Transition

The Perfectly Punctual Campaign supports positive attendance habits from the outset of schooling for our youngest students.

To access these tools, [click here!](#)



Join us for
CASA Day at the Statehouse
Tuesday
February 27th

Register at

<http://www.allencountycasa.org/forms/casa-day-at-the-statehouse>

WINTER SELF-CARE IDEAS



Light a candle



Drink a cup of tea



Cook a nourishing soup



Curl up with a good book



Soak in a tub with essential oils



Enjoy the snow



Write in your journal



Listen to great music



Enjoy a roaring fire

CASA 101

Are you a member of a group or organization that might have folks interested in more information on becoming a CASA Volunteer? We'd love to come and present a CASA 101!

Contact Cindy.Verduce@allensuperiorcourt.us for more information.

February Training Opportunities

January 31 | CASA Academy—Understanding and Responding to Kids with Emotional & Behavioral Challenges Using Positive, Trauma-informed, Strength-Based Approach | 2:00—3:15 pm

REGISTER HERE: <https://mycourts.wufoo.com/forms/wn1blki1an56ne/>

February 28 | Webinar - Indiana Youth Institute's 2024 State of the Child

[Register Here](#)

February 7 | Webinar - Unveiling the Power of Year-Round Black History for Youth

[Register Here](#)

February 28 | Webinar - Indiana Youth Institute's 2024 State of the Child



Additional Information From Child Mind Institute



Learning disorders and depression - [READ MORE](#)

How does anxiety affect kids in school - [READ MORE](#)

Anxious stomach aches and headaches - [READ MORE](#)

When kids refuse to go to school - [READ MORE](#)

How trauma affects kids in school - [MORE](#) | What does OCD look like in the classroom - [READ MORE](#)

How to change negative thinking patterns - [MORE](#) | How can we help kids with self-regulation - [MORE](#)

Mental health coping skills for kids - [READ MORE](#) | How to model healthy coping skills - [READ MORE](#)

What is social and emotional learning - [MORE](#) | What is borderline personality disorder - [READ MORE](#)

DBT: What is dialectical behavior therapy - [READ MORE](#) | Is internet addiction real? - [READ MORE](#)

When are kids ready for social media - [READ MORE](#) | Social media and self-doubt - [READ MORE](#)

6 Tips To Improve Your Social-Emotional Health And Wellness

by Austin Stanfel

Most individuals think about physical exercise or diet first when it comes to wellness. However, your social and emotional well-being is a crucial component of your overall health.

As your child or young person moves forward with their learning, their mental, emotional, and social well-being must be developed in a safe, caring, supportive, focused environment.

People who have a firm foundation in social-emotional health are more capable of identifying and managing emotions, expressing empathy, forming healthy relationships, making responsible decisions, and coping with stress. They have a better chance of reaching their full potential in life.

This article will discuss six easy tips to maintain your social-emotional dimension of wellness.

1. Develop Coping Skills

Aiding students and children in developing coping strategies for

stress, anxiety, anger, and other unpleasant emotions can set them up for long-term healthy emotional regulation. There are various coping methods available now, such as teaching and practicing positive self-talk with your children, doing a puzzle, cooking, organizing rooms, and so forth.

2. Feel Free To Express Yourself

Some people enjoy reading to learn about the world or escape alternate realities. Some people like to express themselves via art, while others prefer to discuss their sentiments. Whatever your manner, make an effort to express yourself – it will help you stay connected and improve your overall emotional well-being.

3. Accept Your Mistakes

Errors are unavoidable. No matter how hard we try, no one is flawless. It is critical to admit when you have made a mistake, accept it, and then move on. The sooner you correct the error, the sooner you can go forward. If your mistake affects others, make contact with them as quickly as feasible. Allowing the problem to develop might lead to even greater tension.

4. Take some time to relax

People have many various ways of unwinding from life's stressors. When you start feeling down or pressured, you forget to be kind to yourself, affecting your social-emotional health. Think about the

things that help you stay peaceful and comfortable. A hot bath, listening to music, and watching a movie, whatever it is, make sure it's still in your routine.

5. Practice Gratitude

Studies have shown gratitude to influence the brain and overall well-being positively. Have your kid write at least three things they are grateful for at the start or end of each day, and encourage them to share them with family or friends. More importantly, it will help you prepare and strengthen you to deal with the hard patches when they arise.

6. Maintain Equilibrium

Every day, we are tugged in a million different directions, making it difficult to maintain balance. Be realistic about your obligations and what you can achieve. Being overwhelmed impairs productivity and attention and can even have medical consequences. Set attainable objectives and priorities, and prioritize what to do first.

Don't forget to schedule time for yourself!

Final thoughts

When you feel good about yourself, it's a lot simpler to deal with life's ups and downs. You may improve your stress management and raise your self-esteem by following these tips. Thus, you will have long-term benefits for your physical, mental, and social-emotional well-being.