

BULLDOG WELLNESS

APRIL 2023

Supporting the Academic, Social, and Emotional Health of
Grant Elementary Students, Teachers, and Families.

ISSUE 29



Upcoming

- April 3: Tech Club Meetings begin (each Monday)
- April 6: Girls on the Run Practices (each Thursday)
- April 12: Spring Pictures
- April 14: No School, Professional Development Day
- April 20: Good Deeds Day Celebration
- April 21: Family BBQ
- April 24: PTA Health & Wellness Night at Murray High School
- April 26: Color Run for Fun!
- April 27: Yes Day!
- April 28: No School, Teacher Work Day
- May 1: Rise Testing Begins

"THE COURAGE TO BE DISLIKED"

I (Mrs. Marsh) recently received an email from a positive psychology organization talking about "the courage to be disliked". I flagged the email to come back to later, because many of the conversations I have had with students lately have been about finding confidence in themselves without worrying about what others think of them. The courage to be disliked shows up in how we set boundaries, interact with others, and take care of yourselves. While the conversations with students have been insightful,

I believe that we could all benefit from a little more confidence in ourselves. If this is something you are curious about, check out some of the links below!

[7 Self-Esteem Tools and Activities](#)

[19 Self-Acceptance Quotes to Honor and Accept Yourself Fully](#)

| <u>Fear to be disliked</u> | <u>Courage to be disliked</u> |
|---|---|
| ↓ | ↓ |
| Thoughts <i>I have to behave a certain way to meet other people's expectations</i> | Thoughts <i>The opinions of others don't affect how I feel about myself</i> |
| <i>I will study medicine to become a doctor because it's my parents' wish and I want to make them happy</i> | <i>I will pursue an art degree because it will make me happy, even if my parents want me to be a doctor</i> |
| <i>I am doing so much worse in life than my little brother</i> | <i>I don't need to compare myself to others, I am okay the way I am</i> |
| Emotions Anxiety, insecurity, guilt, worry, alienation | Emotions Joy, confidence, courage, relief, indifference |
|  |  |

PositivePsychology.com



Community Connections

Our Region PTA is sponsoring a **Health and Wellness Night at Murray High School on April 24**. At this event you will have access to a number of district and community resources. Stop by the High School anytime from 5:30-7:30 to visit the health care booths and participate in fun activities! Some of the featured booths will center around: mental health and suicide prevention supports for kids and families, first aid games and presentations, healthy eating and diabetes prevention, low cost healthcare resources, and more!

You may have seen that Governor Cox recently signed a bill to restrict minors from social media. There are many questions about how this will roll out, but the one thing that is clear is that social media can and does impact our students. Earlier this month Fort Health hosted a free webinar in partnership with the Child Mind Institute and Equip Health. Here is a recording of that webinar if you are interested: [How Social Media Affects Your Child, and What You Can Do To Support Them: Free Webinar](#)

Healthy Relationships Utah has many upcoming opportunities including courses on how to create a connected stepfamily, how to date successfully, engage deeper in your relationships, and parenting (two engaging offerings). Find out more and register at healthyrelationshipsutah.org.

Creating a Tech Healthy Family is beginning a live 4-week course on establishing healthy family plans around using technology. The course begins on April 4. For more information [visit their site](#).

Character Education: Mind UP

This month will bring our last Mind UP lesson of the 2022-2023 school year. The students and I are both very excited for this last lesson wherein we will explore Mindful Tasting. During this lesson, students will focus their attention on savoring a morsel of food and describe their experience, and identify ways that mindful tasting can help them eat more healthily and mindfully. We will explore how the PreFrontal Cortex is working during the lesson, and discuss how mindful tasting or savoring can help to calm the amygdala.

Students will be given a morsel (variety given) to hold in the palm of their hand. They will be instructed to look at it, noticing shape and color, etc. Next, they will close their eyes and focus on smelling the morsel and notice if it reminds them of anything. Finally, students will eat the morsel and think about how it feels, if their mouth waters, if they can taste anything, and then notice what changes when they bite down, chew, and swallow. After this practice, we will reflect on what this experience was like for them and discuss what happens when we are always in a rush to eat, and how we could build more positive practices with mindful eating. Hopefully, students will enjoy our time together exploring their sense of taste AND learn how mindful eating can assist them in their PFC functioning and calming their amygdala.



Fort Child Mind Institute EQUIP

How Social Media Affects Your Child, and What You Can Do To Support Them

Free Webinar For Parents and Caregivers

Dr. Harold Koplewicz Dr. Lindsay Henderson Dr. Matthew Biel Dr. Maria La Via

View Recording

MURRAY PTA AND MURRAY DISTRICT PRESENT

FAMILY HEALTH AND WELLNESS FAIR

Learn about resources available at your schools and in the community, as well as free health care booths, and fun activities!

MONDAY APRIL 24TH
5:30-7:30 PM
MURRAY HIGH SCHOOL
5440 S STATE ST

*Therapies provided by school OT, PT & Speech therapists
*Mental Health support for kids and families
*First Aid games and presentations
*Healthy Eating and Diabetes prevention
*Resources for being active and physical health
*Free and Low-Cost Healthcare Resources