



## *May 2021 Newsletter*

Hello Meadowbrook Families,

I wanted to share with you some resources that are available to students at Meadowbrook. Through a grief grant, we were able to order some books about grief that children can check out and read. The books cover a range of topics such as death of a family member, death of a pet, and death of a friend. We have also been given a few booklets on grief that families may find helpful. Please let me know if you need any of these resources.

May is Mental Health awareness month. I have some NAMI links that you may enjoy sharing with your child. NAMI has some great resources that you can access at any time. Elementary students can become overwhelmed by worries and there are some great resources out there.

[Mental Health Resources](#)

[Mental Health Coloring Pages](#)

[NAMI Mental Health Video for Children](#)

The MAP testing window opens this week. If you do not know when your students are taking the tests, please reach out to your teacher. This test will be completed on the iPad at school.

### We Thinker Kindergarten parent letters

This week we finished talking about flexible thinking and will begin talking about size of the problem. When talking about size of the problem, we frequently ask students if that is a big problem or a little problem. We learn that few problems are a big problem and that the size of our reaction should match the size of our problem. It is unexpected to have a big reaction to a little problem. Finally we will be talking about using imaginations. Below are the parent letters.

[Size of Problem Parent Letter](#)

[Imagination Parent Letter](#)

### Parent United Offerings

There is one more Parent United Offering this school year. These are free offerings for parents and school staff and I have really like those that I have attended. You have the option of choosing virtual or in-person. They will let you know if you choose in-person if there is room for you to attend. When you attend virtually, they will share the link with you once you sign up.

[Compassion Resilience in Parenting](#) Wednesday, May 19, 2021 – 9:00 – 11:30 am