

SCHOOL BASED SERVICES

STUDENT ASSISTANCE PROGRAM

and

PREVENTION



PG. 2 Child Abuse Prevention Month

PG. 3 Autism Awareness Month

PG. 4 World Health Day

PG. 5 Braddock Cleanup Day

PG. 6 Stress Awareness Month

PG. 7 Coloring Therapy Mandala

PG. 8 Spring Word Search





WELCOME

Welcome to the April 2024 issue of the Devereux TCV Community Services School Based Services Newsletter! Please share with your staff and families. We are getting closer and closer to the end of the school year and that's hard to believe. If you have any needs over the summer that you might need help with, please let me know ASAP. I'm planning now for what the staff will be doing over the summer. As always call me or email me if you need anything for your school district or surrounding communities.

Jim Phillips 412-862-5565 Manager of School Based Services

1800 West Street

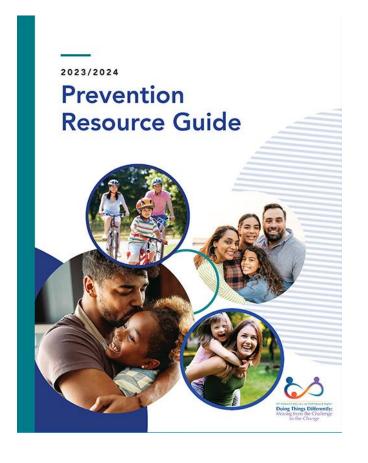
Homestead, PA 15120

412-464-1522 x2351

"Go confidently in the direction of your dreams. Live the life you have imagined."

- Henry David Thoreau





DOWNLOAD YOUR COPY AT:

https://www.childwelfare.gov/preventionmonth/

The 2023/2024 Prevention Resource Guide recognizes that there are actions we can take as a society and within communities, organizations, and families to address the root causes of child abuse and neglect.



Suspect abuse? Report it!

Call ChildLine at 1-800-932-0313

Mandated reporters: Report electronically at

https://www.compass.state.pa.us/cwis/public/home



AWARENESS (

- Most obvious signs of autism appear between two and three years old.
- Children may fail to respond to their name or have a reduced interest in people.
- · Around one third of people with autism stay nonverbal their whole life.
- · Seizures, ADHD, and anxiety frequently accompany autism.





ACTION ----

- · Developmental delay screenings should occur at nine months.
- · Autism Spectrum Disorder screenings should be at 18 months.
- Child psychologists and neurologists can help detect autism in your child.

INCLUSION & ACCEPTANCE

- Children with Autism don't get the same sense of inclusion in schools as other children, making them feel excluded and alienated.
- · Adults with autism often have trouble getting a job.
- · Social inclusion is having access to education, health care, and services.
- The Convention on the Rights of Persons with Disabilities states those with autism have the right to be included in their community.





TAKE ACTION AND INSPIRE OTHERS FOR A HEALTHIER TOMORROW





EXERCISE OR MOVE MORE

The American Heart Association recommends a starting goal of 150 minutes, or 2 ½ hours, of exercise a week. If you're a beginner, or don't want to track the numbers, just move more! Find a type of exercise you like and can stick with, and incorporate more movement into your daily routine.



EAT REGULARLY & CONTROL PORTION SIZE

When and how much you eat are just as important as what you eat. Cut back on portions, eat your meals on a regular schedule, and avoid late-night snacking.



DON'T SMOKE OR DO DRUGS, & ONLY DRINK IN MODERATION

If you don't smoke, drink, do drugs - don't start! If you smoke or do drugs, speak to your family doctor about quitting today. If you choose to drink, do so only in moderation (up to one drink a day for women and two drinks a day for men).



GET ENOUGH GOOD SLEEP

Sleep keeps your body and mind healthy. Most adults need 7 to 8 hours of good quality, regularly scheduled sleep in order to feel rested when they wake up. If you have trouble sleeping, or still feel tired even though you're sleeping the recommended amount, talk to your family doctor.



DON'T DRINK SUGAR CALORIES.

The CDC is asking you to "Rethink your drink." Avoid high-calorie, sugar sweetened beverages, and drink more water. If you want to make water more exciting, add a slice of fresh fruit or a splash of 100% juice for a tasty treat! If you do opt for a sugar-sweetened beverage, go for the smallest size available.

12 Habits of Super Healthy People:

https://www.webmd.com/fitness-exercise/ss/twelve-habits-super-healthy-people

BRADDOCK COMMUNITY CLEAN-UP DAY



SATURDAY, APRIL 27, 2024

10am - 1pm

Meet at Braddock Municipal Building

415 6th Street - Braddock, PA 15104

Volunteers Needed!

Take pride in your community and help clean the streets.

Bring a team! Ask a friend and coworker, church, school, and clubs. Supplies and tools provided!

To volunteer, call Jim @412- 862-5565 or Diane @412-412-273-6465.



Ways to Manage Stress

INSTANTLY



Breathing Exercises



Watch Funny things



Aromatherapy

SHORT TERM



Go For A Walk



Journal Feelings



Practice **Meditation**





Make time For Leisure



take time to Exercise



Eat Healthy

Coloring Therapy: Mandalas

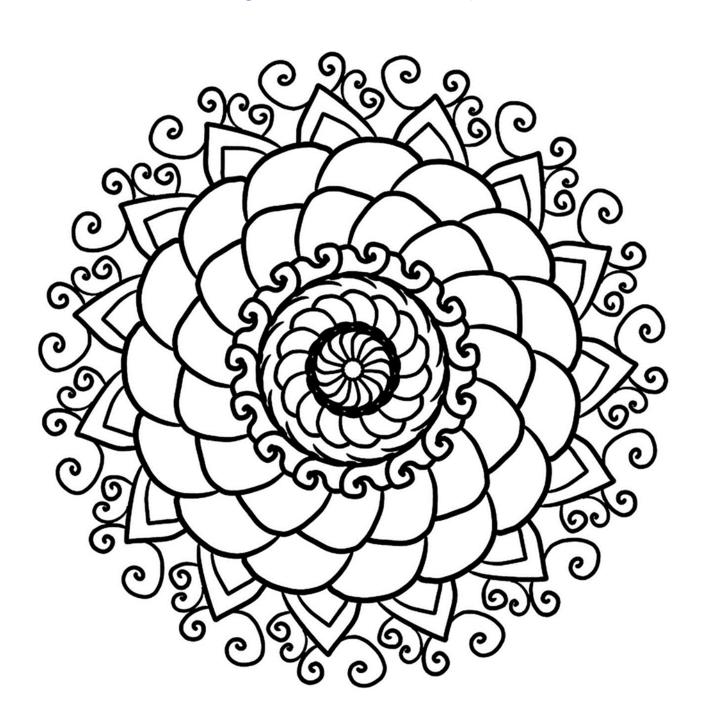
Aids release of negative thoughts and emotions

Decreases tension and anxiety, can be used as a stress management tool

Increases focus and allows self-healing

Increases self-reflection and personal awareness

Encourages creativity and self-expression





Spring Word Search



S Z B B R N X 0 X S S P S J X B G R E W P E T X M S T R S Z 0 Z N T E A E E 0 M В G N M G R Y B M P A N E U D 1 X S X S G Y C T G U T S E X G N U H Q C Q E S P F E S S Z K B Y L P R E A P E E T N D M 1 R M В E K W D U L A W 0 Y M В S E R G W В E E R T T C Y J R H M В H R Q X U S E M F M E R J F N 0 T T A G S H S B S W N X X G G R E E E M R F В W Q T A F D M

SPRING MAY GREEN WARM UMBRELLA MARCH FLOWERS GRASS SHOWERS



APRIL BASEBALL SUNSHINE RAIN BIRDS



www.thriftymommastips.com

