

## SCHOOL BASED SERVICES

STUDENT ASSISTANCE PROGRAM

and

PREVENTION

### In This Issue

PG. 2 Daylight Saving Time

PG. 3 Daylight Saving Time

PG. 4 Runaway Prevention

PG. 5 Great American Smokeout

PG. 6 Gratitude Month

PG. 7 Gratitude Challenge

PG. 8 Word Search



## WELCOME

Welcome to the November 2023 issue of the Devereux TCV School Based Services Newsletter! It's hard to believe that it's November. A month to give thanks and gratitude. I want to take this time to thank all of our partners in the schools as well as the community. Working together as a team is what's going to help our students and families. We're in this together each and every day. We hope you find the resources in our newsletter this month helpful.

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

"You can't cross the sea merely by standing and staring at the water."

**RABINDRANATH TAGORE**



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## DAYLIGHT SAVING TIME INFO

*Fall Back*

November 5, 2023  
at 2:00 am

- Set your clocks back one hour.
- Check and replace smoke detector batteries.

## SAFEGUARD YOUR MENTAL HEALTH



PEOPLE WITH MENTAL HEALTH CONDITIONS MAY SUFFER FAR MORE DURING THE SWITCHES TO AND FROM DAYLIGHT SAVING TIME.

THE LOSS OF DAYLIGHT IN THE FALL CAN INCREASE DEPRESSIVE SYMPTOMS AND LEAD TO A DIAGNOSIS OF SEASONAL AFFECTIVE DISORDER.

INCREMENTAL BEDTIME SCHEDULE ADJUSTMENTS - GOING TO SLEEP ABOUT 20 MINUTES EARLIER - IN THE DAYS LEADING UP TO THE TIME CHANGE.



# 6 TIPS TO AVOID THE STRESS OF DAYLIGHT SAVINGS TIME



## BE PREPARED FOR IT.

*The clocks change forward one hour on the second Sunday in March and back one hour on the first Sunday in November.*

## GO TO BED EARLIER.

*It's easier to adjust to the time change before it happens, instead of in the morning.*



## TAKE THE WEEKEND OFF.

*Limit scheduled or time-constrained activities the weekend of the time change.*

## CHANGE THE TIME GRADUALLY.

*Change the clocks in 15 minute intervals four times over the weekend so it's not as drastic.*



## MAKE THE CHANGE MID-DAY.



*Change the clocks a full hour in the middle of the afternoon so that it doesn't disrupt your bedtime or morning routine.*

## EMBRACE THE CHANGES.

*Use daylight savings time as a guideline for when you need to adjust your summer and winter routines. Be mindful of the changing world around you and embrace the new season.*



HELP SHINE A LIGHT

# NOVEMBER IS NATIONAL RUNAWAY AND HOMELESS YOUTH AWARENESS MONTH



Advocates  
*for Children*

CALL 1-800-RUNAWAY CHAT EMAIL FORUM TEXT EXIT

HERE TO LISTEN.  
HERE TO HELP.

24/7 Crisis Connection



CALL

CHAT

EMAIL

FORUM

TEXT

<https://www.1800runaway.org/>

For RESOURCES & TOOLKITS visit:

<https://www.1800runaway.org/prevention-education/nrpm>

# GREAT AMERICAN SMOKEOUT NOV. 16

YOU DON'T HAVE TO STOP IN ONE DAY.  
START WITH ONE DAY.



## HELP IS OUT THERE!

Are you aware of the FREE smoking cessation help that is out there? Here is help that is only a text or call away for anyone who is ready to quit!

My Life, My Quit™ is the free and confidential way for teens to quit smoking or vaping. Text "Start My Quit" to 36072 or click to chat with a Coach!



**YOU CAN DO IT**  
...the PA Free Quitline can help!

Call today:  
**1-800-QUIT-NOW**



The PA Free Quitline is a telephone-based tobacco cessation counseling service offering free coaching, with no judgment. Call 1-800-QUIT-NOW and start working with a coach today!



**RESEARCH SHOWS CULTIVATING GRATITUDE CAN HELP YOU AND OTHERS:**

**BE HAPPIER**

- Experience greater life satisfaction
- Have less symptoms of depression & anxiety

**HAVE MORE ENERGY**

- Engage in healthier activities
- Sleep longer & wake up refreshed

**BE MORE RESILIENT**

- Grow from trauma
- Protect against burnout

**HAVE STRONGER RELATIONSHIPS**

- Feel more loved, supported, committed & satisfied
- Feel more valued

**BOOST MOTIVATION AND PERFORMANCE**

- Work harder & feel more fulfilled
- Identify & solve problems

**BUILD CHARACTER**

- Be more likely to offer help
- Be more trusting & trustworthy



THE SCIENTIFIC BENEFITS OF CULTIVATING AND EXPRESSING

*Gratitude*

# 30 Days of Gratitude Challenge

## Day 1

Write down three people who you are thankful for.

## Day 2

Tell someone why you are grateful to have them in your life.

## Day 3

Go one full day without complaining.

## Day 4

Write down the best thing that happened today.

## Day 5

Take time to smile at everyone you see today.

## Day 6

Do a random act of kindness for someone.

## Day 7

Spend 30 minutes doing something you love.

## Day 8

Write down three things that you are grateful for.

## Day 9

Write thank you notes to five people in your life.

## Day 10

Recognize someone in your family who looks after you.

## Day 11

Do something nice for a classmate.

## Day 12

Sit down with someone and share what you are both grateful for.

## Day 13

Write down three things that you like about school.

## Day 14

Turn any negative thoughts into positive thoughts.

## Day 15

Write down five things that you love about yourself.

## Day 16

Think about three things that you usually take for granted.

## Day 17

Write about your hobbies and why you love them.

## Day 18

Think about what you're grateful for before going to bed tonight.

## Day 19

Tell three people in your life why you appreciate them.

## Day 20

Watch for a classmate doing a good job and thank them for it.

## Day 21

Think of someone who helped you today and thank them for it.

## Day 22

Write down three things that you appreciate about your teacher.

## Day 23

Notice positive traits about each of your classmates.

## Day 24

Spend quality time with loved ones, without any screens.

## Day 25

Think of something great that has happened to you this month or year.

## Day 26

Write a thank-you note to a classmate.

## Day 27

Avoid gossip or speaking negatively about others.

## Day 28

Compliment a stranger.

## Day 29

Start a gratitude journal and keep practicing gratitude.

## Day 30

Well done! You've done a great job. Congratulate yourself today.

# Gobble Gobble

M D M Z O T U R K E Y G O B B L E	corn
W A G R E A T F U L L N E S S N M	cornbread
O Q S T J T S E V R A H B F C O A	stuffing
D F E H A V N Z B G Y M K O W I Y	harvest
T S A A E J T I N E V O R O N T F	oven
S H T L D D X D K V V N L T S A L	over eating
W H A U L G P N Z P K V D B J R O	great fullness
O M O N F W A O W N M R C A F B W	trees
L N V N K F R O T D F U Q L U E E	celebration
L X E I M F I H G A P B P L U L R	mashed potatoes
A Y R D J L U N V E T R E E S E S	gobble
M U E S M A Y L G R H O B C L C M	turkey
H K A I R B I N Q B C Q E X L Y V	marshmallows
S O T W I S H B O N E U J S O E S	rolls
R S I X F T G D Q R N N S T R C P	thankful
A P N R X U L U O O O E A E S A F	mayflower
M T G I D K V W V C M T R V N Y Z	football
	wishbone
	fall
	yams
	pumpkin
	nap

