Hello Longwood Families! We are excited to bring you this newsletter, filled with the events of the mental health department. We have been busy working with students, families, staff and faculty on areas including Restorative Practices, Social and Emotional Learning, Trauma Informed Schools, and so much more. We are still utilizing PBIS to establish expectations and rewards. We have welcomed some new faces to our team and strive to meet the mental health needs of our students, supporting academic excellence and holistic wellness.

**Elementary Schools K-6**

Our Elementary Schools are busy working with students to develop relationships, explore character traits and develop meaningful ways of communication. This year we are lucky to have some Social and Emotional Coaches who are working with our building level mental health staff to deliver instruction in key areas such as mindfulness, emotional regulations, trauma, restorative practices and more. Ask your children about how to have a circle at home! Our students are participating and learning about how to be a productive and responsible member of a community during all areas of academic work.  

**Secondary 7-12**

The secondary social worker, psychologists and school counselors jumped right in this year working with students on acclimating to full time in person education. Students have been working with their school counselors and mental health staff to deal with issues of social isolation, stress management and return to socializing safely. Mindfulness moments are happening every week at our JHS and HS. We are moving Restorative Practices into our 7-12 framework through circles and community building.

**Nursing / Health**

Our nursing staff continues to be busy with all that COVID has brought to the educational world. Working hard to meet requirements and mandated health reporting, immunizations and best medical practices while keeping up to date with the ever changing information from the Department of Health.

Please feel free to reach out to any of our talented staff members in our buildings. You can reach me at Stephanie.Columbia@longwoodcsd.org if I can be of assistance.

---

One in six U.S. youth aged 6-17 experience a mental health disorder each year, and half of all mental health conditions begin by age 14. Attention-deficit/hyperactivity disorder (ADHD), behavior problems, anxiety, and depression are the most commonly diagnosed mental disorders in children. Yet, about half of youth with mental health conditions received any kind of treatment in the past year. We are here to help.
FAQ’s

1. What are Restorative Practices? Restorative practices promote inclusiveness, relationship-building and problem-solving, through such restorative methods as circles for teaching and conflict resolution to conferences that bring victims, offenders and their supporters together to address wrongdoing. Restorative justice empowers students to resolve conflicts on their own and in small groups, and it’s a growing practice at schools around the country. ... For the growing number of districts using restorative justice, the programs have helped strengthen school communities, prevent bullying, and reduce student conflicts.

2. What are the 5 “R’s” of Restorative Practices? The 5 R’s include relationship, respect, responsibility, repair and reintegration. As this article points out, at the heart of every restorative process is a damaged relationship between the person who caused a harm, the recipient of the harm, and the community in which the harm was felt.

3. What are student’s learning about Restorative Practices? Popular examples of restorative processes include affective statements, community-building circles, small impromptu conferencing, and setting classroom agreements or norms. All buildings in Longwood are utilizing RP to build community, increase personal responsibility, challenging self and working together, key skills for all students.

4. How can I use Restorative Practices at home? At home, this can include taking responsibility for keeping spaces clean or for the choices we make, having positive relationships with family and friends, and being respectful of those around us. Restorative practices support children in learning how to create healthy relationships and how to resolve conflicts.

5. What are the 5 Restorative questions?

For those who have caused harm:
- What happened?
- What were you thinking at the time?
- What have you thought about since?
- Who has been affected by what you have done? In what way?
- What do you think you need to do to make things right?

For those who have been harmed:
- What did you think when you realized what had happened?
- What impact has the incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?