

DID YOU KNOW?

Teacher Appreciation Week is May 3rd- May 6th

Calling all super kids! Your help is needed to celebrate your Super Teachers and staff!!!

Please join us in acknowledging and celebrating our Creative Options Teams.

Monday May 3rd

Superpower Stars- kids bring in your superpower stars.

Tuesday May 4th

I think you are super because- write a note or draw a picture.

Wednesday May 5th

Dress like a superhero- Super teachers need sidekicks and students make the best sidekicks for their teachers. Dress like a superhero or wear clothes with superheroes on them.

- Materials for activities will be sent home on Thursday April 29th



Real heroes don't wear capes they Teach!

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REMINDERS

Preschool Parent/Teacher Conferences **May 7 & 14, 2021**

In-person conferences will be limited due to COVID -19 restrictions.

Last day for Preschool Thursday **May 27, 2021**

Preschool Summer Program Starts **Tuesday June 1, 2021**

HEALTH/SAFETY – MENTAL HEALTH AWARENESS



Mental Health Awareness Month

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, you're thinking, mood, and behavior could be affected.

Many factors contribute to mental health problems, including: Biological factors, such as genes or brain chemistry, Life experiences, such as trauma or abuse, Family history of mental health problems.

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

<https://www.mentalhealth.gov/basics/what-is-mental-health>

Mental Health Resources

National Alliance on Mental Illness - <https://nami.org/home>

helpline- 800-950-NAMI or text "NAMI" to 741741

Aurora Mental Health - <https://www.aumhc.org/> (303)617-2300

Colorado Crisis Services - <https://coloradocrisisservices.org/>

1-844-493-8255