

Zeeland Public Schools

be nice. Newsletter

January 2018

be nice.
www.themhf.org

Upcoming be nice. Events

ZPS be nice. LOGO GEAR DAY!

The first Wednesday of every month is wear your be nice. gear to school or work day!

**3rd Annual Zach Kroll
Memorial Fundraiser For
be nice. and Mental Health Awareness
Culvers Restaurant
Tuesday February 27, 2018**

**2nd Annual Love and Lean Walk for be
nice. and Mental Health Awareness
Funding from this project off set the cost
of the LIVE, LAUGH, LOVE Curriculum
Saturday April 28, 2018
Start and finish area:
Zeeland East Soccer Complex**

**2nd Annual Zeeland be nice. Community
Action Month
May 2018**

Thank you...

- We are excited to share the fourth edition of the ZPS be nice. newsletter with you, thank you for reading.
- Welcome to any first time readers and welcome back to those of you have been reading along.
- Please continue to post and share this newsletter.
- Thank you for being part of the solution as suicide prevention and mental health is everyone's business.

**The Meaning Of Life
Is To Find Your Gift
The Purpose Of Life
Is To Give It Away
Pablo Picasso**

Develop these universal life skills in yourself, children and family.

- Self calming skills: Create a menu for yourself and others as not every skill works every time. It is nice to have choices and options.
- Reconnecting skills: By the end of the day we have naturally had numerous disconnects from family and friends, take a few minutes to work towards reconnecting and checking in.
- Boundary skills: Set boundaries for yourself and those you care for and love.

Some other things to consider as we find our way.

- “Define reality and say thank you”, Max DePree.
- Give up control, to gain control :)
- Only give choices you are okay with the outcome.
- When feeling out of control, we tend to control more, try to find ways to creatively say yes.
- Avoid power struggles with your adolescent unless you are convinced it is necessary and you can win it, otherwise you lose credibility.
- We all learn, maybe not the same way or the same day, but we all learn.

Our Mental Health is just as important as our physical health!



Local Counseling Resources

TCM Counseling	616-842-9160
Encourage Counseling	616-396-6285
Winning At Home	616-772-1733
Holland Behavioral Health Services	616-355-3926
Pine Rest	1-800-678-5500
Forest View	1-800-949-8439
24 Hour Helpline:	1-866-512-4357

In an emergency call 911 or go to your local emergency room.

Learn N-I-C-E by taking the pledge at the following link:

Take the pledge as a family, work together, find a way and do it today!

##<https://www.benice.org/take-the-pledge>

Three Great Books

- WHAT DO YOU DO WITH A PROBLEM?
- WHAT DO YOU DO WITH AN IDEA?
- WHAT DO YOU DO WITH A CHANCE?
- All three books are written by Kobi Yamada and illustrated by Mae Besom
Two of the three books are New York Times Best Sellers.

An outtake from the Beatles classic “Let it be”.

Let it be,
Let it be,
Whisper words of wisdom,
let it be...

Take care and remember:
Let it come, let it go, let it be.

Because N-I-C-E matters...

N-NOTICE...signs of depression or other changes in someone's behavior.

I-INVITE...yourself to initiate a conversation.

C-CHALLENGE...the stigma; communicate important resources.

E-EMPOWER...yourself with the knowledge that you can have an effect on how someone thinks, acts and feels.

If you are in crisis & need immediate help call 911 or 1-800-273-8255