

Zeeland Public Schools

be nice. Newsletter

February 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
5:00 pm—9:00 pm**

**1st Annual be nice. Pledge Challenge
Coming from ZPS-Superintendent Cal DeKuiper
March 2018**

**2nd Annual Love and Lean Walk for Mental Health
Funding from this event helps to offset 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**

**We have a seatbelt law in Michigan and
too many of us still refuse to buckle up...**

In 1984, seatbelt use in Michigan was below 20%. It rose to 60% shortly after the law went into effect in July 1985, according to state police. It then dropped to 45% before going up again, hitting an all time high of 97.9% in 2009. The 2014 usage rate was 93.3%.

(Michigan State Police-Martha Thierry/Detroit Free Press)

The be nice. movement will never have a law behind it and a law is not the answer.

However, everyone of us is a critical link in addressing this public health concern known as our mental health.

We need to continue to share important information with family and friends. We need to look for creative ways to spread the message of hope and N-I-C-E long enough and consistently enough!

The be nice. movement needs you and we need you!

Because N-I-C-E matters.

Problem solving model as simple as 1, 2, 3...

Problem Solving Model:

- * First things first, check your attitude and respect for the relationship.
- * Identify the problem
- * Brainstorm solutions
- * Pick one
- * Try it out with a short time limit
- * Re-evaluate and celebrate or make adjustments to your plan

1. Name the problem:

Stick to the problem, clear and concise language to describe the problem.

2. Identify Feelings:

Own and identify your feelings associated with the issue or incident by using “I” statements.

3. Solutions:

It may be as simple as...please don't...sometimes the most complex appearing problems have the simplest solutions.

Strategies for moving forward:

- * sometimes things don't go as planned...understand what the consequences will be ahead of time
- * natural and logical...consequences need to be known in advance for it to really be a choice
- * check your attitude and respect for the relationship-meet with empathy
- * consistency is key...long enough and consistently enough
- * focus on communication/listening skills
- * stay in the “here and now”
- * boundaries through reflective listening...anything or anyone we truly care about we need boundaries
- * no shame...no blame...

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.

Don't be fooled by me.
Don't be fooled by the face I wear
For I wear a mask.

I wear a thousand masks,
masks that I'm afraid to take off and
none of them are me.

Pretending is an art that's second
nature with me, but don't be fooled,
for God's sake don't be fooled.

I give you the impression that I'm
secure that all is sunny and unruffled
with me, within as well as without,
that confidence is my name and
coolness my game.

That the water's calm and I'm in
command, and that I need no one.
But don't believe me. Please!

My surface may be smooth but my
surface is my mask, my ever-varying
and ever-concealing mask.

Beneath lies no smugness, no
complacency.

Beneath dwells the real me in
confusion, in fear, in aloneness.
But I hide this.

I don't want anybody to know it.
I panic at the thought of my
weaknesses and fear exposing them.

That's why I frantically create my
masks to hide behind.

They're nonchalant, sophisticated
facades to help me pretend, to shield
me from the glance that knows. But
such a glance is precisely my
salvation, my only salvation, and I
know it.

PLEASE HEAR WHAT I'M NOT SAYING

That is, if it's followed by acceptance,
if it's followed by love.

It's the only thing that can liberate me
from myself from my own self-built
prison walls, from the barriers that I
so painstakingly erect.

That glance is the only thing that
assures me of what I can't assure
myself, that I'm really worth
something.

But I don't tell you this.
I don't dare.
I'm afraid to.

I'm afraid you'll think less of me,
that you'll laugh and your laugh
would kill me.

I'm afraid that deep-down I'm
nothing, that I'm just no good and
you will see this and reject me.

So I play my game, my desperate,
pretending game with a façade of
assurance without and a trembling
child within. So begins the parade of
masks

The glittering, but empty parade of
masks.

And my life becomes a front.
I idly chatter to you in suave
tones of surface talk.

I tell you everything that's nothing
And nothing of what's everything,
of what's crying within me.

So when I'm going through my
routine do not be fooled by what I'm
saying.

Please listen carefully and try to hear
what I'm not saying. Hear what I'd like
to say, but what I cannot say.

I dislike hiding.
Honestly.

I dislike the superficial game I'm
playing, the superficial phony game.

I'd really like to be genuine and
spontaneous and me.

But I need your help, your hand to
hold even though my masks would
tell you otherwise. It will not be easy
for you. Long felt inadequacies make
my defenses strong.

The nearer you approach me, the
blinder I may strike back. Despite
what books say of men, I am
irrational; I fight against the very thing
that I cry out for.

You wonder who I am?
You shouldn't...

For I am everyman
And everywoman
Who wears a mask.

Don't be fooled by me.
At least not by the face I wear.

Thank you to poet Charles C. Finn

Be a difference maker...take the be nice. pledge.

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>

By taking the be nice. pledge you will gain important information.
It will increase your knowledge and support your experiences in life known as wisdom.

WISDOM

Wisdom is knowledge and experience put into action.
Wisdom is understanding, clear thinking and good judgment.

Mark Divine - Retired USN - Navy SEAL

Partial lyrics from the song by
The Fray
"How To Save A Life"

Step one, you say, "We need to talk."
He walks, you say, "Sit down. It's just a talk."
He smiles politely back at you
You stare politely right on through
Some sort of window to your right
As he goes left and you stay right
Between the lines of fear and blame
You begin to wonder why you came

Notice change and Invite yourself to
initiate a conversation.
Challenge stigma and Empower
yourself and others.

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 someone you love or care about is in crisis & you need immediate help
call 911 or 1-800-273-8255