

# Zeeland Public Schools

## be nice. Newsletter

March 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!

**2nd Annual Love and Lean Walk for be nice. and Mental Health Awareness**

**Saturday April 28, 2018**

**Start and finish area:**

**Zeeland East Soccer Complex**

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

**Fun Fact:**

**May has been Mental Health Awareness month in the United States since 1949**



### be nice. Leadership Symposium

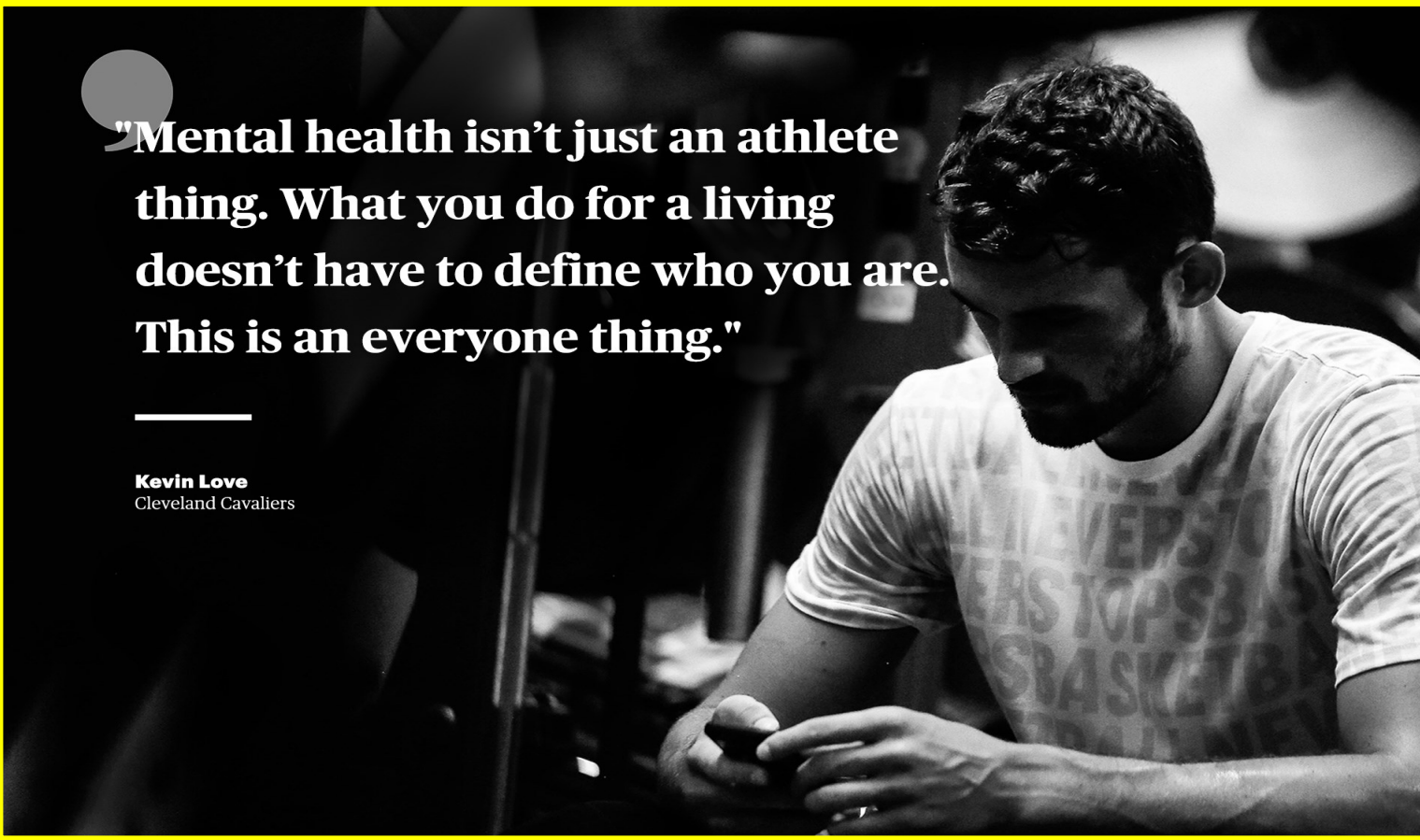
The Mental Health Foundation of West Michigan hosted the First Annual be nice. Student Leadership Symposium on Friday March 16, 2018 in Grand Rapids.

Creekside and Cityside Middle Schools were represented by 22 Student Leaders in Grades 6 through 8.

You need to know Zeeland can be proud of our youth and the wisdom their voices of reason will teach us!

**“Mental health isn’t just an athlete thing. What you do for a living doesn’t have to define who you are. This is an everyone thing.”**

**Kevin Love**  
Cleveland Cavaliers



**“Everyone is going through something” Kevin Love**

<https://www.theplayerstribune.com/kevin-love-everyone-is-going-through-something/>

*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.

The ZPS be nice. Pledge Challenge continues...

Please join the 309 ZPS staff members who have already taken the N-I-C-E pledge at the following link:

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

Thank you to our Student Leaders who attended the Middle School be nice. Symposium in Grand Rapids.

Mackenzie Bell  
Emily Bishop  
Tyler Cooper  
Mariah DenBesten  
Megan DeVisser  
Ray DeWitt  
Michael Hoek  
Austin Insencio  
Jadyn Keatley  
Katie McCullough  
Maddie Mendham  
Brooklyn Miller  
Shaylee Moomey  
JoJo Perkins  
Natalie Quick  
Alyssa Rocha  
Kody Rodriguez  
Kaylee Rose  
Taryn Van Dyke  
Nick Williams  
Brooke Winkler  
Paige Winkler

2nd Annual Love and Lean Walk  
for be nice. and Mental Health Awareness  
Saturday April 28, 2018

The L and L Walk along with the WE be nice. fund will cover the cost of the LIVE, LAUGH, LOVE Curriculum.

All Zeeland Public School students receive this curriculum in their High School Physical Education and Health class.

**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