



# Laurel Nokomis School

## September

### 5 WAYS TO BUILD RESILIENCE:

- 1) BUILDING CONNECTIONS
- 2) FOSTER WELLNESS
- 3) FIND PURPOSE
- 4) EMBRACE HEALTHY THOUGHTS
- 5) SEEK HELP



5.....4.....3.....2.....1  
GROUNDING TECHNIQUE  
HELPS YOU MAINTAIN  
POSITIVE THOUGHTS!!

5 THINGS YOU CAN SEE  
4 THINGS YOU CAN FEEL  
3 THINGS YOU CAN HEAR  
2 THINGS YOU CAN SMELL  
1 THING YOU CAN TASTE



## Word of the Month - Integrity

Integrity is an essential skill that every child should learn. It means being honest, reliable, and trustworthy in all aspects of life. Having integrity means that you do what you say you will do, even when no one is watching. It also means taking responsibility for your actions and being accountable for your mistakes. It's an essential skill that will help kids build strong relationships, develop a good reputation, and earn the respect of their peers and teachers. Children who practice integrity also have a strong sense of self-worth and self-respect, which is critical for their well being.

### Parent's Corner: Talking Points about Integrity

**Discuss with your child/children what integrity is and why it is so important.**

1. What do you think following through with your promises tells people about your integrity and the type of person you are?
2. What do you think it means to be true to yourself?
3. Why do you think we should tell the truth even if someone might be angry and there may be consequences?

**DON'T FORGET!**

September = Suicide Prevention  
Awareness Month  
Suicide Prevention Week 9/11-9/15/23  
Crisis Text Line :  
Text HERE4U to 741741  
or Call 988  
or 988lifeline.org  
Wear YELLOW each Friday in  
September.

# Welcome SRO Tony Pelopida!

Officer Tony said, "You should always tell the truth because it makes you an honest person. Honesty is being trustworthy."



## What's good at our school?

GET READY FOR THE  
LNS FALL FESTIVAL!!  
KICK OFF ASSEMBLY ON  
SEPTEMBER 7  
FALL FESTIVAL  
NOVEMBER 3 5-8PM

LNS OPEN HOUSE:  
ELEMENTARY 9/13 5:30 - 7:00PM  
MIDDLE 9/14 5:30 - 7:00PM

SCHOOL PICTURE DAY 9/21

## Resiliency Tools

These are tools to help equip our children/students to become more resilient and be able to manage tough emotions and stress in their daily lives.

