

MENTAL HEALTH MATTERS

EVERYONE HAS A STORY

We Love our Veterans and First Responders



FALL BUCKET LIST

1. Go on a hayride
2. Bake something with pumpkin
3. Watch a scary movie
4. Pick a pumpkin from a pumpkin patch
5. Have a Bonfire
6. Go Trick or Treating
7. Carve a pumpkin
8. Go on a hike
9. Decorate your home for fall
10. Go to a football game



IN THIS EDITION

- BULLYING PREVENTION MONTH
- PREVENTION & SUPPORT SPOTLIGHT
- ADHD AWARENESS MONTH
- NATIONAL BOOK MONTH
- RED RIBBON WEEK



October is Bullying Prevention Month

October is National Bullying Prevention Month. It was first declared in 2006 by PACER, the National Bullying Prevention Center. PACER recognizes bullying as a serious community issue that impacts education, physical and emotional health, and the safety and well-being of students. PACER provides innovative resources for students, parents, and educators. Visit www.pacer.org for more information.



Bullying is defined by aggressively using one's "power" to target another individual with repeated, unwanted words or actions. Bullying is not conflict, which is simply a disagreement or argument in which both sides express their differing views. Bullying is intentionally hurting, harming, or humiliating another person. According to The National Child Traumatic Stress Network, in 2015 about 21% of students ages 12-18 reported being bullied at school during the school year. www.nctsn.org offers resources for students, parents, and educators on bullying.

According to www.stopbullying.gov the below tips may help to prevent bullying:

- Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- Model how to treat others with kindness and respect.

Baldwin County Schools has a zero tolerance for bullying. If you are experiencing bullying, you may visit the Baldwin Co. Schools website school counseling tab to locate more information and access the bullying complaint form.

Prevention & Support Staff Spotlight

Mrs. Laura Alms

Mrs. Laura Alms is the 11th and 12th grade counselor at Elberta High School. This is her 24th year serving the Elberta schools. She began her career teaching 4th grade and then became a school counselor 12 years ago. Mrs. Alms earned her bachelor's degree in Elementary Education from the University of South Alabama. She received her master's in school counseling from the University of West Alabama. She is a National Board-Certified Elementary Educator. Mrs. Alms was raised in Elberta where she and her husband still live. She has two adult daughters who work at Elberta Elementary School. She has four grandchildren. Her family loves being outside enjoying fishing, camping, hiking, taking walks, and going to the beach. Mrs. Alms loves serving the Elberta community and she is truly invested in the students at Elberta High School.

Elberta High School



Home of The Warriors

“We are a family atmosphere with a dynamic close-knit team, which makes us more effective.”



Pictured left to right: Mrs. Alms, Mrs. Rosene and Mrs. Lee

Mrs. Mary Rosene

Mrs. Mary Rosene is the 9th and 10th grade counselor at Elberta High School. This is her 4th year with Elberta High School and her 11th year in education. Mrs. Rosene earned her bachelor's in psychology from the University of Mobile and her MS degree from Auburn University. She earned her Education Specialist in School Counseling from Valdosta State University. Mrs. Rosene lives in Elberta with her husband and their two children, ages 6 and 8. Her family loves being outside, boating and hiking. Mrs. Rosene loves helping her students find their potential and watching them grow excited about their future.

Mrs. Alexandra Lee

Mrs. Alexandra Lee is the school social worker at Elberta High School. This is her 4th year with Baldwin County Schools and Elberta High School. Prior to coming to EHS, she was a private mental health therapist. She earned both her bachelor's and master's degrees in social work from the University of Alabama. Mrs. Lee is originally from Andalusia, Alabama, and she and her husband moved to Baldwin County in 2020. She lives in Gulf Shores with her husband and their dog, Ellie Mae. Mrs. Lee enjoys traveling and she loves country music. When asked what she loves most about being the school social worker at EHS, she shared building relationships with her students and being a part of their goals and dreams.



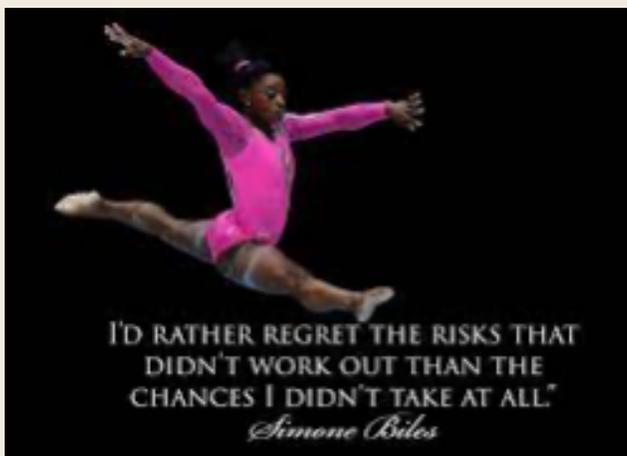
The EHS Peer Helpers ducked cars (“We are lucky ducks to have you on campus”) in the parking lot for Suicide Prevention Month.

October is ADHD (Attention Deficit Hyperactivity Disorder) Awareness Month. ADHD is one of the most common neurodevelopmental disorders in children. Signs and symptoms include impulsive behaviors, difficulty paying attention, being forgetful, losing things often, squirming, fidgeting, daydreaming a lot, talking too much, making careless mistakes, having difficulty resisting temptations, and having difficulty getting along with others. Research indicates that genetics plays a role in the diagnosis of ADHD along with other causes including traumatic brain injury, premature delivery, low birth weight, alcohol or tobacco use during pregnancy and exposure to environmental risks such as lead poisoning. ADHD can be treated with behavioral therapy and medications. The Centers for Disease Control and Prevention recommends healthy eating habits, physical exercise, limited amounts of screen time and getting good sleep to help manage symptoms of ADHD.

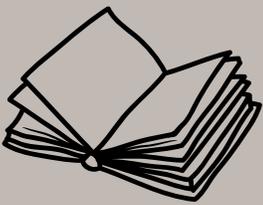


There are many myths and stigmas about ADHD. According to www.adhdawareness.org ADHD is often misunderstood. For example, it is often assumed that individuals with ADHD cannot concentrate but they are, in fact, able to concentrate when they are interested or intrigued by what they are doing. It is often believed that children with ADHD need more discipline when in fact discipline and relationship problems are the consequences of ADHD, but not the cause.

Studies indicate a significant difference in the levels of norepinephrine (a neurotransmitter) in the brains of individuals with ADHD versus an individual's brain who does not have ADHD. Norepinephrine is synthesized from dopamine; therefore, experts believe that lower levels of dopamine and norepinephrine are both linked to ADHD. Studies also indicate the structure of an ADHD brain differs from a non-ADHD brain in areas including the frontal cortex, limbic regions, and basal ganglia. The frontal cortex regulates behavior, emotions, and attention. The limbic region influences one's emotions and motivation. The basal ganglia is responsible for motor learning. For more information on the brain chemistry of individuals with ADHD, visit www.add.org.



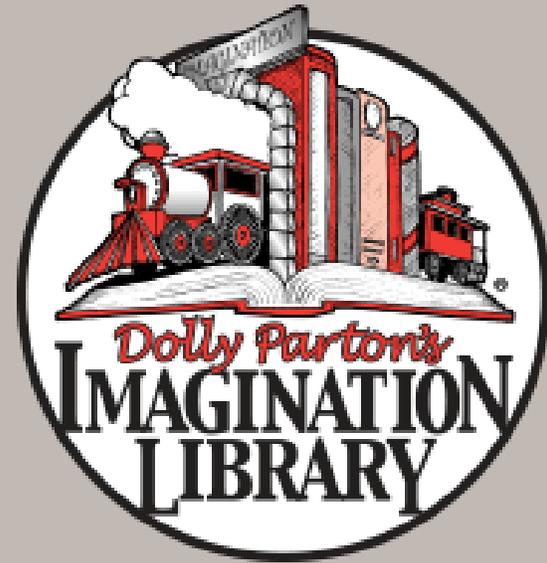
There are a number of well-known successful individuals who have ADHD including: Will Smith (actor, producer and rapper), Simone Biles (Olympic gymnast), Ryan Gosling (actor), and Terry Bradshaw (Super Bowl Champion).



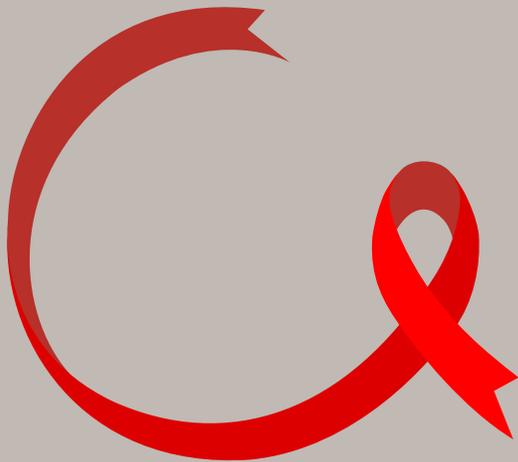
National Book Month

October is National Book Month. The National Book Foundation was established in 1950 and the organization created National Book Month in 2003. There are a number of ways to celebrate such as reading a new book, visiting your local library, following authors on social media or supporting a little free library in your community.

Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five, through funding shared by Dolly Parton and local community partners in the United States, Canada, United Kingdom, Australia and Republic of Ireland. The organization has gifted over 200 million books to children around the globe. To register our local children for the program, visit www.imaginationlibrary.com or contact the North Baldwin Literacy Council at 251-580-1648.



RED RIBBON WEEK



The Drug Education Council has chosen “We Love Our Veterans and First Responders” as the theme for 2023-2024 Red Ribbon week. On September 25, 2023, the Drug Education Council hosted the Red Ribbon Superintendents’ Leadership Program at Daphne Civic Center. Each Baldwin County School chose a representative to lead their school’s activities and service project celebrating living drug free. Each of these students and their faculty advisor attended the event where superintendent, Mr. Eddie Tyler presented them with their medal.

