

MENTAL HEALTH MATTERS

EVERYONE HAS A STORY

October 2024

October
is National
Principal Month

Custodian Appreciation Day
October 21!

THANK
YOU!

for keeping our facilities
clean and friendly!

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FALL BUCKET LIST

Take a fall foliage drive Take a hike

WATCH A HALLOWEEN MOVIE *Decorate a pumpkin*

ATTEND A FOOTBALL GAME

Make a bonfire and roast s'mores

Go on a hayride VISIT A PUMPKIN PATCH

Trick or Treat *Make a pumpkin recipe*

RAKE LEAVES AND JUMP IN THE PILE

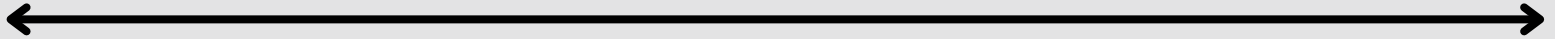
Drink Apple Cider *GIVE THANKS!*

National Dyslexia Awareness Month



A staggering 5-15 percent of Americans (14.5-43.5 million children and adults) have Dyslexia. It may also be referred to as a reading disability, reading difference, or reading disorder.

According to the National Association of Dyslexia, "Dyslexia is a neurological condition caused by a different wiring of the brain. There is no cure for dyslexia and individuals with this condition must learn coping strategies. Research indicates that dyslexia has no relationship to intelligence. Individuals with dyslexia are neither more nor less intelligent than the general population. But some say the way individuals with dyslexia think can actually be an asset in achieving success."



Red Ribbon Week

www.redribbon.org

Red Ribbon Week is October 23-31. The 2024 theme is "Life is A Movie, Film Drug Free."

The theme serves as a powerful reminder that ordinary Americans nationwide contribute significantly to their communities every day by embracing a drug-free lifestyle.

On September 23, the Drug Education Council hosted the Superintendents' Red Ribbon Leadership Awards Kickoff Celebration. Mr. Eddie Tyler along with our School Resource Officer Supervisor, Mr. Jeff Spaller with the Baldwin County Sheriff's Office and Mr. Robbie Owen, Principal at Rockwell Elementary School, inspired and honored our exceptional student leaders. Each school's representative was honored for their incredible leadership and character.



BULLYING PREVENTION MONTH

According to stopbullying.gov, a study in 2019 showed approximately 20% of students ages 12-18 in the US experience bullying. In 2014, the Centers for Disease Control and Department of Education released the first federal definition of bullying which includes 3 core elements:

- unwanted aggressive behavior
- observed or perceived power imbalance
- repetition or high likelihood of repetition of bullying behaviors

Incidents of bullying generally involved 3 roles:

1. The initiator (the person(s) doing the act of bullying)
2. The target (the victim of bullying)
3. The bystander (the person(s) who witnesses bullying)



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.

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.



Cyberbullying, while difficult to detect, is prevalent due to social media and digital forums, comments, photos, posts, and content shared by individuals that may be viewed by strangers as well as acquaintances. Cyberbullying is easily accessible to the offender as digital devices offer immediate and continuous communication 24 hours a day. Most information that is communication digitally is permanent and public making it difficult if not impossible to retract.

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. Heather Love



*pictured left to right, Mrs. Bryanna Sykes
and Mrs. Heather Love*

Mrs. Heather Love is the 3rd-6th grade counselor at Foley Elementary School. This is her first year as a school counselor. For the past nine years, she served as the school-based therapist with Altapointe for the Foley feeder pattern. Mrs. Love earned her undergraduate degree in Interdisciplinary Studies from the University of South Alabama and her master's degree in Human Services, Marriage and Family Counseling from Liberty University in Virginia. She is currently working on earning her License in Professional Counseling. Mrs. Love lives in Daphne with her husband and they have 2 adult children.

Her family loves Disney World and visit Orlando often. They also enjoy spending time together kayaking and visiting the beach.

They have a dog, Reeya and a cat, Gamy. When asked what she loves most about being a counselor at Foley Elementary, Mrs. Love stated she finds joy in serving the students as well as the teachers and staff.



Foley Elementary

WHERE LIONS ROAR WITH PRIDE

Mrs. Bryanna Sykes

Mrs. Bryanna Sykes is the PreK-2nd grade counselor at Foley Elementary School. She has been with Foley Elementary School for four years and this is her 2nd year serving as a school counselor. Prior to being a school counselor, Mrs. Sykes taught 2nd through 7th grades for ten years. She earned her undergraduate degree in Early Childhood and Elementary Education from the University of Mobile and her graduate degree in school counseling from the University of West Alabama. Mrs. Sykes and her husband live in Fairhope with their three children. She loves to travel all over the world, listen to live music of all genres, and she enjoys attending sporting events. When asked what she loves most about being a school counselor at Foley Elementary School, Mrs. Sykes loves the opportunity to support students both academically and personally as well as watching them flourish.

October is ADHD Awareness 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.

2024 theme:
“Awareness is Key!”



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.



Channing Tatum, American Actor, has openly discussed his struggles with ADHD and Dyslexia, which impacted his ability to excel in school as a young kid.

“I’m thankful for weird people out there ‘cause they’re some of the most creative people.”

Channing Tatum

Spina Bifida Awareness Month

October is Spina Bifida Awareness Month. Spina Bifida is a birth defect in which there is an incomplete closing of the spine and membranes around the spinal cord. This occurs during the early weeks of pregnancy, typically before the mother knows she is pregnant. Spina Bifida is the most common permanently disabling birth defect in the United States. There are approximately 1,500 children born with Spina Bifida every year in the U.S.



Pictured: Emmalynn, Coach Brett Horne, Keith, Mrs. Heather Horne, and Katelynn

Katelynn's father, Coach Brett Horne, is a football coach for Fairhope High School. Every year the program hosts the annual Spina Bifida Awareness Football Game where local heroes with special needs join the team on the football field to be honored and celebrated for their bravery, courage, and tenacity. Join this year's 11th annual celebration this coming Friday night at WC Majors Stadium at Victory Park. For more information, contact Mrs. Heather Horne at 251-423-1335.



Katelynn Strong

Katelynn Horne, age 14, is a freshman at Fairhope High School. She was born with Spina Bifida Occulta. She is a fierce and brave warrior, both physically and spiritually. Her courageous journey has inspired all who know her. Katelynn has had 9 surgeries, 2 of which were this past summer in Birmingham. She continues to fight to recover from the complications of her surgeries over the summer. Katelynn is the daughter of Heather and Brett Horne, the twin sister of Emmalynn Horne, and big sister to Keith Horne. She loves playing piano, singing, and performing for Bay Area Performing Arts. She is in the IB program at Fairhope High School.

Join us for the

11th Annual

SPina Bifida Awareness

Football Game

Where: WC Majors Stadium @ Volanta Sports Park

When: Friday, October 4th @ 5:00

There will be Fellowship, Food, & Fun for Everyone!

Wear Your SB T-Shirt & Sport Your Yellow!

If you are a Special Needs Family and would like to attend,
Please Contact 251.423.1335

To Sponsor or Donate a Raffle Item Please
Contact Heather Horne @ Heatherhornephotography@gmail.com
For more information on attending, message the email provided!