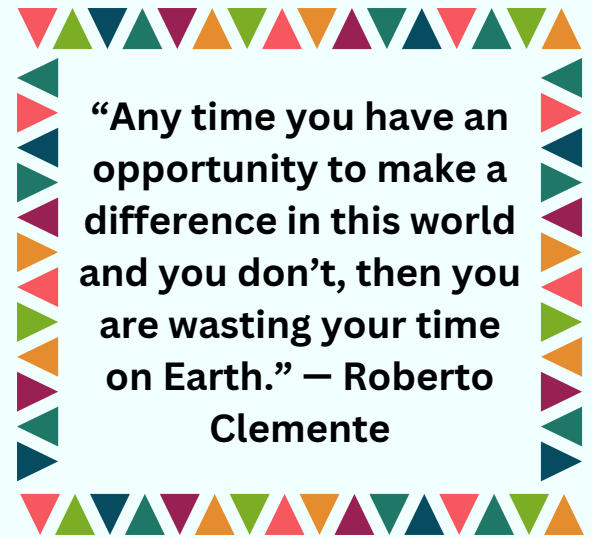


Mental Health Matters

Everyone Has A Story



In this edition

- Suicide Awareness and Prevention
- Managing Stress
- Prevention and Support Staff Spotlight
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SUICIDE PREVENTION MONTH

In 2020, the U.S. had one death of suicide every 11 minutes. In 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline

According to the Centers for Disease and Control and Prevention (CDC) WISQARS leading causes of death reports in 2020, suicide was the 12th leading cause of death overall in the United States, claiming the lives of over 45,900 people. Suicide was the 2nd leading cause of death among individuals between the ages of 10-14 and 25-34, the 3rd leading cause of death among individuals between the ages of 15-24, and the 4th leading cause of death among individuals between the ages of 35-44. There were nearly 2 times as many suicides (45,979) in the United States as there were homicides (24,576) in 2020.



The Out of the Darkness Community Walk will be held on Sunday October 15, 2023 at Daphne City Hall. Check in Time is 1:00 PM and the walk begins at 2:45 PM

Tips for Managing Stress



- Enhance your sleep quality: Experts recommend 7-9 hours of sleep per night and stopping screen time at least 30 minutes prior to going to bed.
- Exercise: Just a 15 minute walk to decompress will help to reset your mind and body.
- Eat well: try to eat a high protein, low sugar breakfast each day before school.
- Do not procrastinate: Designate a specified amount of time each day to work on school assignments and be consistent.

Prevention & Support Staff Spotlight

Mrs. Serena Forrest

Mrs. Serena Forrest is the kindergarten through second grade school counselor at Robertsdale Elementary School. She has been with Robertsdale Elementary School for 26 years. She was a first-grade teacher for the first 9 ½ years and has since served as their school counselor. Mrs. Forrest earned both her Bachelor of Science and her Masters in school counseling from the University of South Alabama. Mrs. Forrest was born and raised in Mobile, AL. She has one daughter, Savannah (11). She enjoys shopping, eating out, and swimming. Mrs. Forrest values the loving community Robertsdale Elementary provides its students and families. She describes the school as being a very happy and joyful environment, which is why she has served her entire career at this exceptional school.

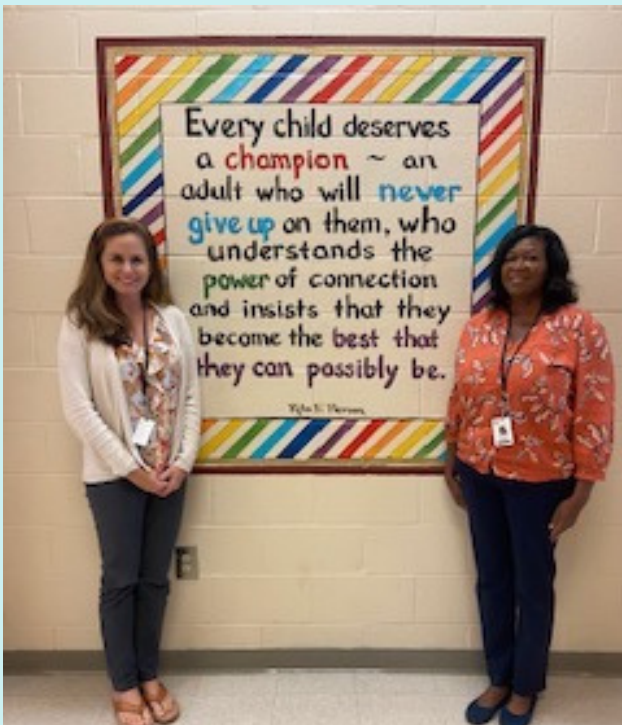


“At Robertsdale Elementary, we will be effective collaborators and positive role models whose purpose is to inspire, encourage student engagement, and grow leaders in others.”

Pictured below left to right, Mrs. Shannon Rubio and Mrs. Serena Forrest. They were recently awarded the Program of Distinction for the Alabama School Counseling Program. This exceptional honor recognizes school counseling programs that demonstrate an exemplary level of implementation of a comprehensive, data-driven school counseling program. Schools who earn the Program of Distinction Award will be eligible for the RAMP (Recognized ASCA Model Program) Award, which is given by the American School Counselors Association.

Mrs. Shannon Rubio

Mrs. Shannon Rubio is the third grade through sixth grade school counselor at Robertsdale Elementary School. This is her third year with Baldwin County Schools. She previously worked as a mental health therapist with the Bridge and with Thriveway. Mrs. Rubio earned her Bachelor of Science degree in psychology from Troy University and her Masters in community counseling from the University of South Alabama. She has recently began earning a masters in education specialty from the University of Alabama. Mrs. Rubio and her husband live in Fairhope with their children, Edward (11) and Layton (7). She enjoys spending time with her children and going to the pool. Mrs. Rubio loves empowering her students on how to use their voice to ask for help when they need it and she strives to provide a safe space for her students at Robertsdale Elementary. She states there is no place she would rather be than at Robertsdale Elementary School as the administrators greatly value the counseling department and provide a strong support for each of them.



Hispanic American Heritage

September 15-October 15 is National Hispanic American Heritage Month. According to hispanicheritagemonth.gov, The Library of Congress, National Archives and Records Administration, National Endowment for Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society.



In 1954, Roberto Clemente joined the Pittsburgh Pirates Major League Baseball team. In 1964, he became the 1st Latin American and Caribbean to win the World Series as a starting player.

In 1993, Ellen Ochoa was the 1st Hispanic American woman to go to space during the 9-day mission aboard the Discovery Shuttle.



Lin-Manuel Miranda is a composer, actor, writer, and activist. His most famous accomplishment is writing the hit Broadway musical, ***Hamilton***, which earned the Tony Award for Best Musical in 2016.



While childhood cancer is rare, it is the leading cause of disease related death past infancy in children and adolescents. Every September, healthcare institutions, advocacy organizations, patients and families raise awareness for childhood cancer. September was officially recognized as National Childhood Cancer Awareness Month in 1990 by President George H. W. Bush. Gold ribbons is the international awareness symbol. St. Jude Children's Research Hospital is leading the way the world understands, treats, and defeats childhood cancer and other life-threatening diseases. The mission of St. Jude's is "to advance cures, and means of prevention, for pediatric catastrophic diseases through research and treatment. Consistent with the vision of our founder, Danny Thomas, no child is denied treatment based on race, religion, or family's ability to pay."



CRACK THE CODE

Building Stronger Families Together!

About Our Event

Crack the Code is BACK! Join us for a social media safety education event. Learn how to protect your children online, understand the risks, and establish safe online practices. This is a FREE event for the community. Food trucks will be available at 5:30pm. Presentation starts at 6! Please no children in attendance due to the nature of the content. FREE RESOURCES will be provided to all attendees. *Registration is not mandatory but is helpful.

REGISTER ▼



Visit us on Facebook to register
Crack The Code

JOIN US

12th September, 2023



5:30pm-7:30pm
Spanish Fort City Hall

Speakers

Leslie Wheeler: Representative
Baldwin County Schools



Chief Barber: Spanish Fort PD



Kristi Bush: National Speaker,
Social Media Safety Expert



Edward Pratt-Alta Pointe



Teresa Heinz-Baldwin County
Assistant DA



Caroline Pierce & Ryan Turner-
SFHS students & Junior Student
Council Representatives

