

## November Checklist

The holidays are fast approaching, and we know that lots of our students from families that have difficulties will struggle to lose the support it is for them to be in school during the week. Both the suggestions about finding resources for food as well as leading the group could be delegated to others

\_\_\_\_\_ Is there someone who could call service clubs and grocery stores to see whether there are any food baskets available that aren't yet assigned to recipients? Parent clubs might help scout this for you.

\_\_\_\_\_ Send a quick query to teachers and staff asking for any students they know of whose families are struggling financially and may need assistance with food over the holidays.

\_\_\_\_\_ Ask staff to identify those students about whom they are worried regarding depression or difficulties getting through the holidays. Consider ways of grouping them together to do some strategizing around coping skills.

\_\_\_\_\_ Find someone who could lead a four-session group for kids who are most apt to struggle being away from school over the holidays. This could be the building counselor, but there may be interns from nearby colleges or others who would be able to do so. See the November Newsletter from CMI for a link to the group activities. (See the CMI website "Free Resources" link to find the group activities and guidelines.)

\_\_\_\_\_ Consider generating interest on the part of local YMCAs or other kid-oriented programs to do a few activities that can include a meal for students. It is easier for kids to show up for an activity that includes lunch than just showing up because they're hungry and needy. You could specify the kids who need it, though, so all food goes to kids who need it. Your parent group might take on doing the leg work on this.

\_\_\_\_\_ Are there staff who may be having a difficult holiday season this year? Any who have had deaths in the family or other particular challenges? Consider the best way to reach out to each, given each will have his/her own style coping or what s/he is willing to accept. If nothing else, think about mailing a card to his/her home on the last day of school before the vacation to let him/her know you'll be thinking of him/her.

\_\_\_\_\_ And most important! What will you do to take care of yourself over the holidays?

