

Straight from the Source

In this interactive series, we will highlight information, resources and opportunities within the Rock Ridge community

IN THIS EDITION: **Building Community**

DID YOU KNOW?

A sense of community connection is an important component of health and wellness. Initiatives such as Sources of Strength and Restorative Practices help us to build a school community in which students feel connected to and supported by peers and staff. In addition to these efforts, students can take individual steps to build their community connections.



WHAT YOU CAN DO: For a variety of reasons, some students find it more difficult to establish peer connections, leaving them feeling lonely and disconnected. Encourage your student to do their part by making connections with peers from different parts of our school community. Whether on the giving or receiving end, your student will benefit from building positive peer relationships, mentoring and generosity.

UPCOMING EVENTS:

***January 11th, 2020, 8:00am – 1:00pm, Independence High School.** Navigating the Path: LCPS Mental Health and Wellness Conference. During this conference, breakout sessions will feature a variety of topics presented by school, community and regional experts. The conference will also feature a filming and panel discussion of *LIKE*, an Indieflix documentary about the impact of social media in our lives. Finally, the Resource Fair will allow parents to meet school and community mental health and wellness providers and explore resources and programs available in Loudoun County.

WHAT WOULD YOU LIKE TO KNOW NEXT?

Curious about available programs, services or procedures? We want to highlight what you are most interested in! Connect with us to share feedback and questions by emailing our Student Assistance Specialist at fiona.brown@lcps.org

WEEKLY WELLNESS TIP: As we enter the season of giving, there are many opportunities to volunteer or donate to worthy causes. Take advantage of one of these opportunities with your student and encourage them to identify the acts of generosity they give and receive on a daily basis.