



#LIBERTYSTRONG

Newsletter from your Clinical Team

In this issue:

- Learning During the Summer
- Resources for LGBTQIA+
- Coloring Sheet
- Building Teamwork
- Meanings for LGBTTTQQAAP
- Reading Ideas
- Resources
- Summer Mental Health Tips
- There is Value in Failure
- Journaling Prompts for June

How are we doing and what would you like to see in the Clinical Newsletter?

We want to connect with you! Please let Angie Huber know what you would like to see in the newsletter. We will do our best to meet your request. Send any requests to aahuber@fcps.edu.

Learning During the Summer

By: Joanna Wheeler, School Psychologist Liberty MS

The summer is a great time for students to explore topics and engage in learning experiences that interest them. Summer is also a good time for students to take ownership of the learning process, increase a growth mindset, and build curiosity, which will hopefully make summer “learning” feel like fun. Things parents can do to encourage students to take ownership in the learning process include the following:

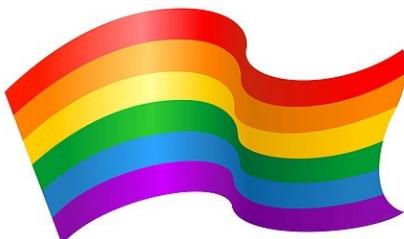
Ask for opinions about what your student is interested in and how they might enjoy engaging with the topic during the summer. Keep in mind that learning takes place in a variety of ways including activities and play.

Encourage active participation in the topic or activity that they choose. It is often difficult to build curiosity from the sidelines.

Encourage students to try things out of their comfort zone by promoting a **growth mindset**. Build off the idea that without the experience of failure, we don’t get better. If we can encourage that making mistakes is part of the process, students may be more likely to engage in tasks that are difficult and thus, experience growth. As your student’s skills or knowledge improves, acknowledge the link between what your student does and the outcomes experienced. For example, “You are making your basketball shots because you have been practicing!”

As a parent or teacher, it may be helpful for you to take a **backseat approach**. Think of yourself as a learning guide and support, but let your student take the navigating role. This helps with creating ownership and buy-in. Micromanaging the learning process may also decrease your student’s ability to use executive functioning skills.

Creative summer learning strategies: keep a daily journal of summer experiences, put together a suggested summer reading list for your student’s area of interest, go hiking and take along a flora and fauna book, visit local museums, take a class to explore areas of interest, learn to cook a meal from a different culture and do cultural research, and take advantage of volunteer opportunities.



J U N E
LGBTQIA
PRIDE MONTH



Resources for LGBTQIA+

The following information and resources were selected from a publication from the National Association of School Psychologists (NASP). This article may be helpful for parents, counselors, and school teams. <https://www.nasponline.org/x42495.xml>

Caring adults can support LGBTQIA+ youth's internal resiliency through:

- Allowing them to be heard, valued, and validated.
- Helping them to identify their own strengths and sources of support.
- Being aware of school climate and challenges experienced there, as well as demonstrating a willingness to advocate for the youth's physical and psychological safety.

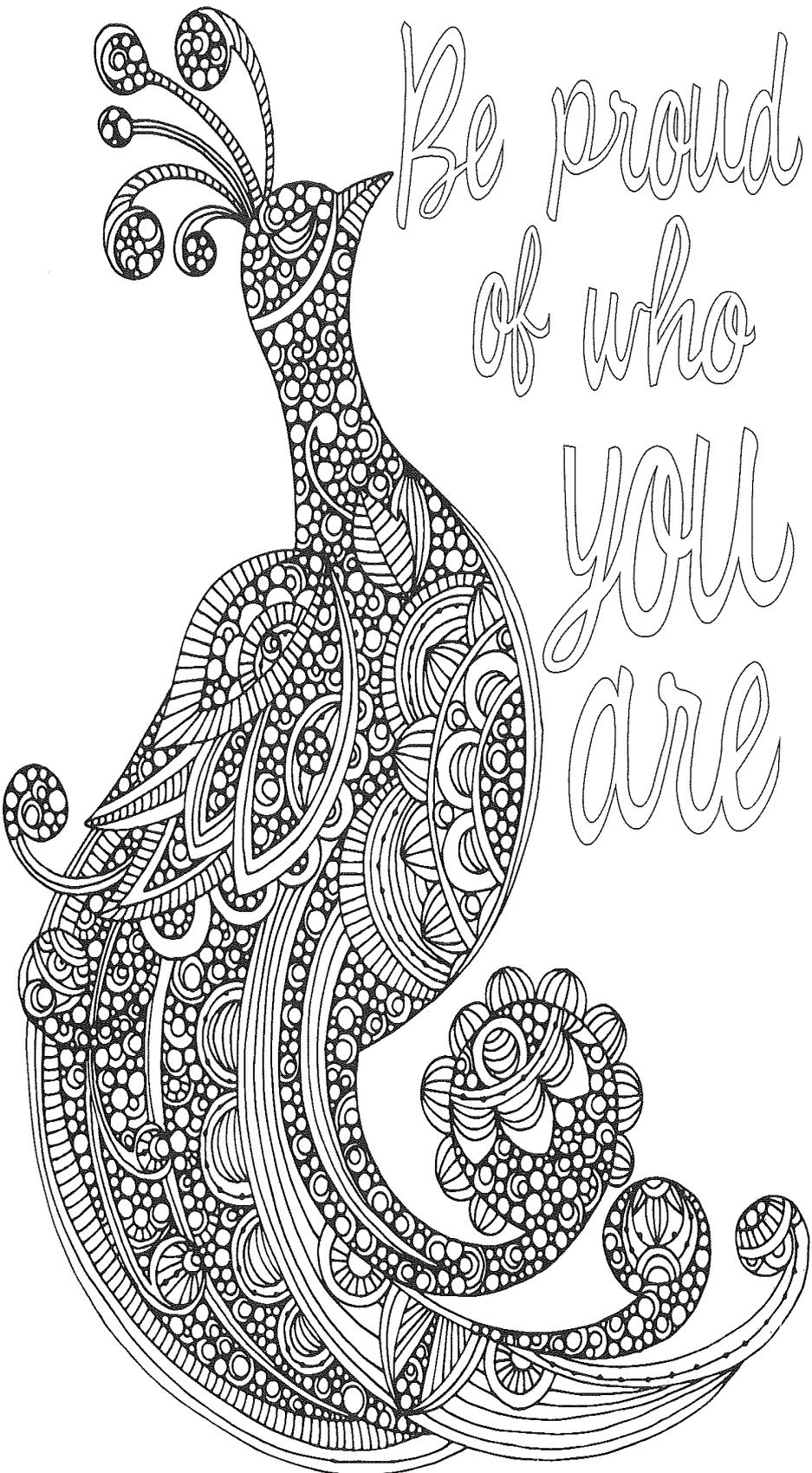
Additional Resources include:

Trans Youth Family Allies <http://www.imatyfa.org/>

PFLAG www.pflag.org

The Trevor Project

Enjoy this coloring page for stress relief!!!



Building Teamwork

By: Angie Huber, School Social Worker Liberty MS

One skill that children need to learn to be successful in life is teamwork. They use it in relationships, at work, playing sports and in school. Why is this so important? What happens if someone cannot function as a team? They typically struggle in group activities, in completing a task with others, problem solving, in a job and in relationships. The person may struggle to develop empathy for others and to communicate effectively. The working world is all about being able to communicate with others to be effective. The learning benefits to working through teamwork is that completion of tasks occurs more quickly by learning and gaining from others on the team, thus learning and having time to do more projects. How do you teach teamwork? Really just interacting and teaming with others around a common shared goal will help to learn teamwork skills, but here are some ideas to further your child's growth.

You might start with signing your child up for organized activities- volunteer work, sports. Children can start with these activities at a young age. Some prefer individual activities as opposed to group activities, but it does not mean that they should totally dismiss the importance of developing these skills in some form.

Parents can plan organized team-based activities in the house, neighborhood or with friends. Here are a few that teachers sometimes use.

<https://www.weareteachers.com/team-building-games-and-activities/>

Consider promoting television shows and books at home where there is team building efforts and characters who have team building strengths.

Teach your kids to encourage others to do well and congratulate them when they do.

Teach your kids to work towards unity and not division. Teach your kids to work together as a family to accomplish tasks at home, such as chores and tasks that need to be accomplished.

Making the group successful. What is needed?

Agree on roles and rules for the group/ team. Also, have them consider how they will organize as a group?

Try to communicate thoughts and feelings positively and in a nonthreatening way

Listen to others

Ask questions to clarify ideas and feelings

If someone is quiet, ask for the person's input.

Initiate conversations about climate of group if you sense concerns based on nonverbal communication

Reflect on how things are going and encourage others to do as well.

Encourage cohesion in the group by getting to know someone else, being open to other's opinions, listening and being open to others being different

Be accountable for assigned tasks! Trust and self-disclosure will develop when people are honest but respectful ("What can we learn from this?" Instead of "Who is to blame?")

Move from competitors to collaborators as goals are completed successfully.

Try for diverse groups, as they are the most effective in building the most skills due to the wealth of different backgrounds and interests to share

Have lighthearted tasks, such as icebreakers and reflection activities to lower the stress of the demands of the group and to check in and evaluate needs

Try trust activities- "trust-fall", blindfolded walk, "circle of voices with a talking stick"- to build communication and trust

Cont pg 5

L	G	B	T	T	Q	Q	I	A	A	P
Lesbian A woman who is primarily attracted to women.	Gay A man who is primarily attracted to men, sometimes a broad term for individuals primarily attracted to the same sex.	Bisexual An individual attracted to people of their own and opposite gender.	Transgender A person whose gender identity differs from their assigned sex at birth.	Transsexual An outdated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.	Queer An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community.	Questioning The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.	Intersex An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "female" and "male."	Ally Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.	Asexual An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many sub-groups.	Pansexual A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions, not just people who fit into the standard gender binary.

Library Reading Ideas

After the year we have had, it will be important to keep your children reading this summer!!! Here are some ideas from the library. Maybe encourage your child to do a book club!

Students are encouraged to participate in the FCPL Summer Reading using the Beanstack App to record activities and minutes read. There will be raffles for gift cards from the FCPL and Liberty Middle School. Here is the link for directions for Beanstack.

Next year, Liberty Middle School will be participating in the Battle of the Books competition with other FCPS Middle Schools. If you are interested in participating, here are some of the books that will be used in the competition:

City Spies by James Ponti

Other Words For Home by Jasmine Warga

War Stories by Gordon Korman

Wink by Harrell Rob

Dragon Hoops by Gene Luen Yang

potential

Together

T

E

Everyone

Achieves

A

M

More



SPEAK UP STOP DISCRIMINATION

Your students can check out Ms. Huber's google classroom to see many cool things to do, learn about or to use to cope!

https://docs.google.com/presentation/d/e/2PACX-1vSMKer3dWvdXMgM3d3sdf_nnsAKWIHjsrXeGtWCtcqkIQdmqao7b5gVQAUT16Nk1p9kED56KcuAqH0b/pub?start=false&loop=false&delays=3000&slide=id.g8e48443adc_0_0



VIRTUAL ZEN DEN

[Sounds and Music](#)

[Meditation and Grounding Exercises](#)

[Visual Relaxation](#)

[Live Animal Cams](#)

[Yoga](#)

[Something Interesting](#)

[Pixar Short Film: La Luna](#)

[Pixar Short Film: Piper](#)

[PIXAR Short Films: Day and Night](#)

[Pixar Short Films: Partly Cloudy](#)

[Art and Creativity](#)

[Games and Puzzles](#)

Cont. Teamwork from page 3

How do you help your child evaluate the group or team and self-evaluate regarding the team? Start with a checklist of questions. Have them check the ones that worked well.

The group showed equal commitment to the goal.
They all decided on roles and dividing work.
The group members were open to different opinions.
The group was positive and welcoming regarding ideas and contributions.
The group was respectful and worked toward resolving differences in opinions.
The group was able to give constructive criticism and accept it.
All members show up for meetings and participate until the end.
All group members communicate with each other.
The group recognizes when someone needs help and, instead of laying blame, helps the member.
The group seems to communicate openly, likely trusting each other.
The group supports each other even when they do not agree.
The group appears to feel relaxed with each other.
The group appears to work as a team.
Your role is clear on the team.
Your expectations are clear on the team.
Your communications are respectful on the team.
You are participating openly.

Discussion questions evaluating the group process:

1. What is one thing you and your group can improve to have better teamwork?
2. How much do you feel the group can talk open and honestly with each other?
3. Do you think the team members are reliable to complete the work?
4. What do people do when group members are speaking?
5. Did the group define ground rules and goals? Are the roles clear?
6. How is the group clear on assigned tasks and deadlines?
7. How well does your group function in giving feedback? Are they supportive? Is there constructive criticism?
8. How well is the group functioning regarding making decisions? Who makes the decisions?
9. How are conflicts resolved in your group?
10. How do the meetings proceed? What changes could be made to make the time more productive?

Self-evaluation discussion questions:

Do you like the role that you are in within the group? How did you feel about the decision about the roles? Who made the decision?

Do you find that you let others do the work or do you like to work with others on a project? Do you prefer dividing it and doing individual work or doing it supported and together?

What if the team does not agree with your thoughts? How do you respond? Do you compromise, do you give in or do you demand your way? How do you choose?

What feelings do you have when you walk away from the team? Do you feel positive, negative, or neutral about the team? What has your attitude been toward the group?

Can you leave the teamwork with the team and continue your relationships beyond the group, or do you have a difficult time separating the two?

How did you do with having patience when things are not going as expected and are out of your control?

More resources that you may find helpful!

The Parent Resource Center (PRC) is excited to offer access to their library resources.

Their library is open for pick-up, on Wednesdays, by appointment only, 9:30 a.m. - 3:30 p.m.

Summer Survival Week for Families and Caregivers: Electronic Resources

June 14-17, 2021

Are you ready for summer? We want to help you have the best possible summer, whether you are feeling worn out from the last year or ready to do it all. We are breaking it down to a topic a day to help you think through your options, have conversations with your family, and implement new strategies to set you and your family up for success

Each Day, you will receive a link to a lesson guide and video tutorial on the following topics:

1. Monday- The Art of the Family Meeting: Navigating individual and family needs and schedules
2. Tuesday- Summer Bucket List: Where to go to for ideas to help make the most of the summer
3. Wednesday- Setting Kids Up for Success in the Fall: How to reinforce academic skills at home

Thursday- Self-care Check-In: How to be realistic about your individual and collective resources
You can choose how you would like to receive your information.

Option 1: [Register for Text Messages](#): Text the code below to 714-406-0736

- | | | | |
|--------------------------|--------|-----------------|--------|
| • English: | 150551 | አማርኛ (Amharic): | 205293 |
| •)عربيArabic): | 340258 | 中国人 (Chinese): | 430931 |
| • 한국어 (Korean): | 527627 |)فارسیFarsi) | 753034 |
| • Español (Spanish): | 810811 |)اردوUrdu): | 707019 |
| Tiếng Việt (Vietnamese): | 469319 | | |

Option 2: [Register for email](#).

We are available to do free consultations or to send resources now if you would like summer support sooner. Please contact us at prc@fcps.edu or [703-204-3941](tel:703-204-3941).

ST Math: Help Children Love Math This Summer: A Webinar for K-6 Families

*This webinar will NOT be recorded.

Every student has the potential to deeply understand and truly love math. This belief helps ST Math become a powerful tool many students are using in FCPS. Students develop their math knowledge through challenging puzzles, non-routine problem solving, and informative feedback.

Join us for this important webinar to learn how families can use ST Math with their children to help them develop a deep conceptual understanding of mathematics.

Webinar Highlights:

- Discover how learning occurs in ST Math
- Support students working in the program from home
- Uncover how to view student progress

Locate additional resources for ST Math use at home

Presented by Jim deBerjeois, and Vivian Doughty, Professional Learning Specialists at MIND Research Unit.

Monday June 7, 2021, 10 - 10:45 a.m. & 6:30 - 7:15 p.m.

[Register for ST Math: Help Children Love Math This Summer: A Webinar for K-6 Families](#)

For more social-emotional resources and lessons please visit the LS Clinical Team's website (see the link below works best in Google Chrome):



<https://sites.google.com/view/liberty-ms-clinical-team/mental-wellness-topics>

****some new videos added****

Summer Mental Health Tips

1. Get outdoors
2. Go for walks
3. Make a summer playlist, play music at home
4. Tidy up and make a place for relaxation
5. Try a new exercise. Make a consistent plan to exercise.
6. Find activities in your community.
7. Practice mindfulness and focusing on what you are thankful for.
8. Reconnect with someone.
9. Evaluate any needs that you may have in taking care of yourself
10. Break away from electronics
11. Make a consistent time for family fun time

Resources:

If you or someone you care about is in crisis, please call [911](tel:911) or access one of the mental health resources below:

- ⇒ [Reach out to a trusted adult \(parent, counselor, teacher, coach, etc.\); https://www.mentalhealth.gov/talk](https://www.mentalhealth.gov/talk)
- ⇒ Text **NEEDHELP** to 85511 for the [Crisis Link](https://www.needhelp.org/) Hotline at or call them at 703-527-4077
- ⇒ Chat online with a specialist at [CrisisChat.org](https://www.crisischat.org/) or [ImAlive.org](https://www.imalive.org/)
- ⇒ Call an emergency mental health center at 703 573-5679 (Merrifield Center), 703-536-2000 (Dominion Hospital), or 703-289-7560 (INOVA emergency services)
- ⇒ CR2 – 844-627-4747
- ⇒ Go to the nearest emergency room at your local hospital

Call 911

There is Value in Failure

(good life lesson that can be taught at any time of year!!)

By: Angie Huber, School Social Worker Liberty

People often think failure is something to avoid at all costs if possible. However, when looking at a growth mindset, failure is key in surviving and striving. You will find success and gain more determination from continuing to fail, learning from mistakes and continuing to grow. Allowing someone to make a mistake and realize that it is an opportunity for growth is one of the most valuable lessons that can be given to a person. The most common concern most students face is the fear of failure. In addition to the fear of failure, anxiety and depression can develop when the focus is only on the correct answer instead of the process and what was learned along the way.

How do you encourage your child to look at the process and opportunity for growth? Math is the most common place where students are encouraged to “show their work”, which many do not want to do. However, the key in this is that they have the opportunity to learn in the process. In English, students are taught to revise their assignments many times to help them to learn from the process. Sports are another great learning environment for growth. Learning from mistakes, better players or teams or different types of coaches is an opportunity to strive play better and to dig deep to push one’s self. The best players are the ones who have failed many times and have learned from it to become better. A common mistake is becoming stuck in the failure, instead of giving only time for reflection and change.... No more. It is when the cognitive circling of worrying about the failure and ongoing negative thoughts become the main focus that change, determination and growth are unlikely to occur.

When accepting that it is normal to mistakes, it is viewed as a beginning and not the ending.. It is the beginning of learning. Try to look at the beginning of learning as a nongraded assignment and only for the process. Have fun with the life lessons and be creative. Value the process over the end result.

One’s success is often due to their mindset. People often think that success is related to their intelligence and talents instead rather than working to develop and improve them. Effort is not considered as important when instead the most helpful approach is knowing that growth occurs with time and experience. This may mean putting in extra time to develop skills and higher achievement.

Valuable Growth Mindset Life Lesson:

DON'T GIVE UP!FAILURE GIVES YOU THE OPPORTUNITY TO REGROUP, LEARN AND GROW!..... because my potential is unknown.

Instead of a Fixed Mindset:

My potential is determined at birth, it does not change.

WHICH MINDSET DO YOU HAVE?

Fixed Mindset vs. Growth Mindset

Based on the work of Dr. Carol Dweck

I believe that my **[Intelligence, Personality, Character]** is inherent and static. Locked-down or fixed. My potential is determined at birth. It doesn't change.

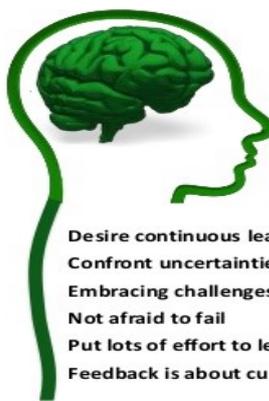
I believe that my **[Intelligence, Personality, Character]** can be continuously developed. My true potential is unknown and unknowable.

Fixed Mindset



Avoid failure
Desire to Look smart
Avoids challenges
Stick to what they know
Feedback and criticism is personal
They don't change or improve

Growth Mindset



Desire continuous learning
Confront uncertainties.
Embracing challenges
Not afraid to fail
Put lots of effort to learn
Feedback is about current capabilities

Ensembleworking.com

[More Growth Mindset Strategies](#)

*You never fail until
you stop trying*

— Albert Einstein

Counseling is often a good approach to help people to work through struggles that they are having in their life. Many feel comfortable with the idea of counseling and many do not feel comfortable. One of the benefits of counseling is that it can help you to find solutions or to problem solve more quickly than without it. However, some still may not be comfortable and to add to the challenges of becoming comfortable with the idea of counseling, during COVID, it is difficult to find counselors who are not meeting virtually, as some do not feel comfortable with meeting virtually. A good alternative is to use journaling. Here are some journal prompts for June.



JOURNAL PROMPTS FOR JUNE

JUNE

JOURNAL PROMPTS

1. A step you have taken towards your goals
2. Something good from last week
3. A time when you were frightened
4. A really good idea
5. The books in your to-read list
6. Something to remember
7. The best thing about your day
8. Your best qualities
9. Your top priorities
10. A new thing to try
11. Where were you a year ago?
12. Where were you five years ago?
13. What is home?
14. Your dream job
15. Favorite things in your town
16. Reasons to feel happy
17. Words you need to share
18. Something to give up
19. An area to grow in
20. An exceptional skill you possess
21. What motivates you?
22. What do you need?
23. A way you relax
24. The person you are currently grateful for
25. The song you know all the lyrics to
26. A movie you can quote by heart
27. What fills you?
28. Who is your role model?
29. Are you a role model to anyone else?
30. What makes you proud?

»»»»»»»»»»»»»»»» Made by Elizabeth McNair / Life of Lovely



Angie Huber,
School Social Worker
aahuber@fcps.edu



Joanna Wheeler,
School Psychologist
jwheeler@fcps.edu

