



CLIMATE CONNECTION

Information and strategies
linking Climate and School Safety.

Summer Reset & Reflection

Climate Connection is a publication
of the NYS Center for School Safety.

THE BEAUTY OF SUMMER...

***Travel, outdoors, mountains, beaches, sand, time with family, sunsets, suntans...
Summer can be a great time to renew & reflect away from the routines of the school year.***



How are you taking care of YOU?

Five Ways for Educators to Reset and Renew This Summer:

Here are five Happiness Breaks for educators, recommended by Greater Good.

https://greatergood.berkeley.edu/article/item/five_ways_for_educators_to_reset_and_renew_this_summer

Which one works best for you?

[Making Space for You \(6 minutes\)](#)

[Embodying Resilience \(10 minutes\)](#)

[Sketching Serenity \(9 minutes\)](#)

[Savoring Silence \(10 minutes\)](#)

[Experience Nature \(7 minutes\)](#)



REFLECT ON SCHOOL SAFETY & MENTAL HEALTH

Campus Safety magazine outlines ways to assess, reflect, and plan for safety that includes addressing mental health.

- Conduct a full-scale risk assessment. Look for gaps and gather information now to plan for the upcoming school year.
- Prioritize staff wellness. Support teachers and staff so they can better support students. Look now for staff development opportunities to offer throughout the year.
- Address staffing shortages. Are there future teachers in your community? Mentoring potential staff now can ease shortages in the future.
- Expand thinking around mental health. State and community agencies have resources and expertise that benefit schools.
- Gather feedback after training.
- Send staff to behavioral health and K-12 safety professional development and encourage them to bring back tips, suggestions, and ways to improve safety on campus.

<https://www.campussafetymagazine.com/safety/school-security-education-safety-crisis/>



CLIMATE CONNECTION

Information and strategies
linking Climate and School Safety.

Summer Reset & Reflection

Climate Connection is a publication
of the NYS Center for School Safety.

MENTAL HEALTH FIRST AID

Looking for a Mental Health First Aid course to assist in identifying issues related to mental health and emotions? School Mental Health Resource and Training Center - MHANYS' School Mental Health Resource and Training Center (<https://www.mentalhealthednys.org/>) is a free resource provided by the Mental Health Association in New York State and the School Mental Health Resource Training Center. This five hour course (2 hrs of self-paced pre-work and a 3-hr class) is designed to teach how to help an adolescents (ages 12-18) who are experiencing a mental health or addictions challenge or are in crisis.



<https://www.mentalhealthednys.org/upcoming-youth-mental-health-first-aid/>

MENTAL HEALTH & SELF CARE

The NYS Trauma Informed Network & Resource Center's **Self-Care Plan Guidance Handout** is designed to help you reflect on areas of your life that are most important to you, areas you tend to focus on most, and areas that you would like to focus on more (see below). You can find this handout, as well as a **Self Care Assessment Checklist**, by visiting <https://www.traumainformedny.org/wp-content/uploads/Self-Care-Handout-1.pdf>

