



DIVEN ELEMENTARY SCHOOL'S WEEKLY NEWSLETTER **DOLPHIN DISPATCH**

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OCTOBER 23, 2019

UPCOMING EVENTS

10/24 5pm - 6:30pm

Night of the Wild Things

FREE, FUN FAMILY NIGHT at Diven! Tanglewood Nature Center will be bringing in some creepy and cute critters! Sign up to volunteer or donate at tinyurl.com/DivenVolunteer.

10/25 Picture Day

Guarantee a great picture day for your little one—volunteer on picture day! Contact Diven FCOC, Liz Zilinski, at ezilinski@gstcontractors.com or 735-3700 x4510.

**10/30 Hendy-Diven
Halloween Mixer 6-7:30pm**

Costume party time!! Pizza, cupcakes, water for \$1 each. Cake wheel, \$2.00 a chance. Cost: donation of canned food. To volunteer or donate, contact Hendy FCOC, Jenn Isaacs, 735-3756 or jisaacs@gstcontractors.com



Like us on Facebook @DivenSchoolOrganization

NIGHT OF THE WILD THINGS IS THIS WEEK

Thank you, Wegmans, Elmira!

Wegmans has generously donated a gift card so we can purchase refreshments, cookies and decorations for our cookie craft, and granola and dried fruit for our DIY granola bar at Diven's Night of the Wild Things on Thursday. The fun starts at 5pm and Tanglewood Nature Center & Museum will be starting their presentation at 5:30pm. Can't wait to see you there!



LET'S LEARN ABOUT: GRADUATION RATES

In 2014, the ECSD high school graduation rate was 58%. Since then, we have been working on a community schools model with the goal of connecting our families to resources they need to help their children be academically, socially, and physically well. Last year, our graduation rate was up to 68%. While much higher than it used to be, we still have major strides to make if we want to reach at least 80%—the NY state average right now. How can you help?

Use Your Student Data

Your child's testing data can be found in the Parent Portal or you can ask your child's teacher for his or her test scores. The RIT score your child has received can help you make informed choices about their next steps in math and reading. The best thing you can do to help your children succeed right now is read to them often and have them read to you! Practice counting every day and work math into your daily conversations.

Aim for Perfect Attendance

Well, I blew mine when my little one got a chest infection last week, but we'll get back on track, and so can you if you aren't already. If your child isn't coming to school, there is a *major* risk of dropping out

of high school. We have started a new initiative here at Diven: if a class has seven days of perfect attendance, they will get an ice cream party.

Raise the Bar

Right now, your child needs *you* to explain the importance of good grades and attending school. If your child is struggling academically or emotionally, ask your teacher or our school counselor how we can work together to help them reach their goals.

Prekindergarten through second grade years are when you establish the habits that will put your child on track to graduate—or not. If you are worried about your child, if your family or your child needs help with transportation, health services, getting food, clothes, or anything else, please contact me so I can connect you to the resources you need to help your family, and especially your child, succeed.

Our entire math and ELA curriculum, including all of our workbooks that we use in class, are available for free online at <https://www.engageny.org/common-core-curriculum>. Use these curriculum guides to help inform your child's scholastic growth!

A NOTE FROM MRS. SORENSEN: DEPRESSION AND S.A.D.

As the seasons change, the days grow shorter and the weather can seem gloomier. The holidays are approaching, which can be a time of joy for some, but difficult for others. Regardless of the cause, if you are having a difficult time meeting your obligations because of how you feel, it is important you seek help! There is hope, and there are many options that can help you get back to doing the things you love. Some questions are included at the end of this article that will help you check-in with how you are feeling.

What is the difference between depression and seasonal affective disorder (SAD)?

SAD is a type of depression with a "recurring seasonal pattern." This means that the symptoms of depression show up during specific times of the year—usually winter (it is less common during summer months).

Symptoms of Depression

- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleep
- Changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide



Symptoms of Winter-Pattern SAD

- Having low energy
- Hypersomnia (excessive daytime tiredness, or time spent sleeping)
- Overeating
- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like "hibernating")

Depression and SAD look different for everyone, so do not look at this list and think, "oh, I don't have all of those, so that's not me." You know yourself, and you know when something is not quite right. If you have any of these symptoms and they are affecting your ability to meet your obligations, then it is time to reach out.

What can I do?

Speak to your physician or a trusted friend. For SAD specifically, using a Light Box to extend daylight hours may reduce some symptoms, and taking Vitamin D may be helpful as well (as always, check with your doctor before starting any new medication).

Contact me, Leah Sorensen, your social worker at Diven: (607)735-3730, M-F 8:30-3:00. *I am here to support you as well—helping families helps the children.*

Contact the local Crisis Support line at (607)442-6900 24/7 all year long.

Call the Substance Abuse and Mental Health Services (SAMHSA) National Helpline. 1-800-662-HELP (4357). SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. In the first quarter of 2018, the Helpline received an average of 68,683 calls per month. This is an increase from 2017, with an average monthly call volume of 67,949 or 815,390 total calls for the year. So, **you are not alone in needing help**—do not allow a fear of stigma keep you from reaching out.

If you do not like to talk on the phone, there is also the option to chat online to receive help. Check out Lifeline Chat at <https://suicidepreventionlifeline.org/chat/>. Anyone who is depressed, going through a hard time, needs to talk, or is thinking about suicide can use the chat. The chat counselors are here to listen and support you through whatever difficult times you may be facing. The Lifeline Chat

Over the last 2 weeks, how often have you been bothered by any of the following problems? 0 = Not at all 1 = Several days 2 = More than half the days 3 = Nearly every day				
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Trouble falling or staying asleep, or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself or that you are a failure or have let yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
Moving or speaking so slowly that other people could have noticed. Or the opposite being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3
If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	N/A	Somewhat difficult	Very difficult	Extremely difficult
This is just for your reference. If after answering these questions you found that you selected many 2s or 3s or if you had any thoughts that you would be better off dead or have considered hurting yourself, please speak with a health care professional! You can take this document with you as a starting point for the conversation if you are not sure where to begin.				

service is available 24/7. If you have trouble connecting to the chat service, you can call the Lifeline at 1-800-273-TALK (8255).

Do not turn to drugs or alcohol to cope. These seem like an easy fix, but often lead to more problems than they solve.

Make sure you are getting your information from reputable sources. There is a great deal of misinformation out there.

For an electronic version of the depression assessment on the previous page, please visit:
<https://www.mdcalc.com/phq-9-patient-health-questionnaire-9>.

Resources

MentalHealth.gov/talk/people-mental-health-problems | For People with Mental Health Problems
MentalHealth.gov/what-to-look-for/mood-disorders/depression | Depression
MentalHealth.gov/what-to-look-for/mood-disorders/sad | Seasonal Affective Disorder
www.nimh.nih.gov/health/topics/season-affective-disorder/index.html | SAD

DIVEN SCHOOL ORGANIZATION MEMBERSHIP DRIVE

Thank you to all who donated and signed up to volunteer with the Diven School Organization. We raised almost \$500 and recruited 47 DSO members. The class with the most DSO members was Mrs. West's class with 9! Her class will receive the \$50 donation to spend how they wish. 😊

DIVEN'S VOLUNTEERS ROCK

I posted a picture of a handy-dandy kitten here. If you enjoyed looking at it, I hope you'll reward me by reading this whole newsletter. :D When you support the school, especially through volunteering, your child is more likely to be engaged, to want to come to school, and to view school as an important and safe place.

After you drop your child off in the morning—or any time—if you'd like to join me in my office to discuss ideas you have, concerns or questions you have, please reach out and let me know. I look forward to hearing from you and making your experience at Diven a wonderful one!

Liz Zilinski | Family & Community Outreach
Coordinator | Diven Elementary School

E-mail: ezilinski@gstcontractors.com

Website: <http://www.tinyurl.com/DivenDD>

Social Media: <http://www.facebook.com/DivenSchoolOrganization/>

Volunteer: <http://www.tinyurl.com/DivenVolunteer>

