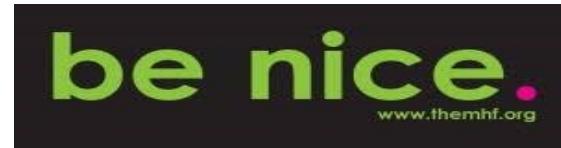


Zeeland Public Schools

be nice. Newsletter

September 2018



**be nice. In Action come
out and join us!**

- Question, Persuade, Refer Suicide Prevention Trainings offered at the High School. For sign up information go to the following link: <https://www.signupgenius.com/go/5080449aeae29a7f49-qprparent>
- Zeeland's Annual Pumpkinfest Parade Saturday October 6, 2018 Parade starts at 3:00 pm, Downtown Zeeland!
- Zeeland East versus Zeeland West First Annual be nice. Football Game! Friday October 12, 2018
- Zeeland's Annual Magical Christmas Time Parade Monday November 26, 2018. Parade starts at 6:30 pm Downtown Zeeland!

**Zeeland is a be nice.
Community!**

**Together, Zeeland Public
Schools and Zeeland
Recreation believe you
can have an effect on how
someone thinks, acts and
feels.**

In the coming weeks, keep an eye out for the new be nice. banners that will be on display throughout our facilities!

These banners will support the ZPS mission our community is so well known for, Safe, Valued, Loved and Learning.



Sophomore Madie Miller in action as she shares her story and experience with mental health. Madie told the audience this is the most empowering thing she has ever done!

Madie shared it is important to ask for help and equally important to accept help when offered!



Senior Riley Hughes leading it out and framing up the conversation on student wellness!

It was with great excitement and energy our high schools kicked off the school year focusing on our student centered campus.

Student leaders gathered throughout the summer to develop and plan our assemblies.

Riley Hughes-Senior

Maddison Miller-Sophomore

Kaitlyn Van Kampen-Senior

Allie Van Kampen-Junior

Leah Heneveld-Senior

Katie Sims-Senior

CeCe Karr-Senior

Sammy Hecht-Senior

Marc Kemme-Junior

Kelsey Baarman-Senior, Photographer

Paige Winkler- First year

Elisse Shipley- First year

Riley Niesz-Senior

Amy Rehor-Senior

Aubrey Conrad-Senior

Jesse DeWeerd-Junior, Videography

Zeeland High Players:

Marc Kemme-Junior

Ella Gries-Sophomore

Logan Schmidt-Junior

Grace Turner-Senior

Dalton Knight-Senior

Thank you to our MC, HS Physical Education and Health Teacher Mr. Chris Heald for continuing to teach “our mental health is just as important as our physical health!”



Senior Marc Kemme does the "Freeze" as Zeeland High Players Grace Turner, Ella Gries, Logan Schmidt and Dalton Knight look on . This group of ZHP under the direction of retired teacher /director Robert "Torg" Torgerson volunteered their time this summer to reintroduce the be N-I-C-E action plan to students and staff during the assemblies the first week of school. Thank you "Players" and "Torg".

Our Mental Health is just as important as our physical health!



Local Counseling Resources

TCM Counseling	616-842-9160
Encourage Counseling	616-396-6285
Winning At Home	616-772-1733
Holland Behavioral Health Services	616-355-3926
Pine Rest	1-800-678-5500
Forest View	1-800-949-8439
24 Hour Helpline	1-866-512-4357

In an emergency call 911 or go to your local emergency room.

Adults, Teens and mental health!

When it comes to mental health, teens may not always know how to identify their problems and ask an adult for help directly. And even if they do recognize that they are facing a mental health challenge, they may not feel comfortable initiating a conversation about it with an adult. That's why it's important for adults who regularly interact with young people whether you're a parent, teacher, coach or caregiver to know how to spot the signs that a teen in your life may be experiencing a mental health or substance use challenge, and how to provide the appropriate support.

Here are 5 ways a teen might be asking for help with a mental health challenge:

- 1. They stop showing interest** in activities they once enjoyed, and they don't replace their interests with new hobbies. Changing interests are a normal part of teen behavior, but you may want to check in with a teen who loses interest in their favorite activities without pursuing other interests.
- 2. Their grades are slipping**, particularly in classes they enjoy. While many things can affect a teen's academic performance, a sudden change in behavior can be a warning sign for depression.
- 3. They avoid discussing future events**, such as further education or other opportunities. This could be a sign of depression and may signal suicidal ideation. Check in with a teen displaying this behavior and reach out to the National Suicide Prevention Lifeline (1-800-273-8255) if you are worried that the person may be considering suicide.
- 4. They withdraw from friends, family and social activity.** Withdrawing somewhat from family members to spend more time with friends can be considered average teenage behavior, but if a teen is withdrawing from all social situations, it could be a warning sign for a mental health issue like depression or anxiety.
- 5. They avoid eating meals, especially in a social setting.** A sudden increase or decrease in appetite could be a sign of a mental health issue like depression. But complete avoidance of eating meals, especially around other people, may signal a developing eating disorder.

By Erica Hoffman, Mental Health First Aid, August 1, 2018

The ZPS be nice. Pledge Challenge continues...
Please join the more than 300 plus ZPS employees who have already taken the
N-I-C-E pledge at the following link:
#<https://www.benice.org/take-the-pledge>

the n.i.c.e. model



Check out the updated Zeeland Public Schools be nice. and Mental Health web site at the following link:
<https://sites.google.com/zps.org/zpsmentalhealth/home>

N-I-C-E matters...

N-NOTICE...signs of depression or other changes in someone's behavior.

I-INVITE...yourself to initiate a conversation.

C-CHALLENGE...the stigma; communicate important resources.

E-EMPOWER...yourself with the knowledge that you can have an effect on how someone thinks, acts and feels.