



Social Worker Newsletter



Volume 1, Theme: Information

Do You Need Help with Food?

Community Resource Center
Ross Elementary
Open every Thursday 9-1
For all families with kids in the
Kuna School District
208-472-9736

Do You Want to Help?

Download the Purposity app,
subscribe to Kuna School District,
and find a local need that fits your
budget.

10 Ways
Parents Can
Bring SEL
Home



[Move This World](#)

Mindfulness

What: Put simply, a technique in which you use all of your five senses to become more present.

Why: Because in times like these, it is easy to get swept away in the chaos. Staying present can help us stay calm and rational.

When: Anytime, but particularly when you are feeling overwhelmed.

How: Take a moment to check in with yourself. Focus on one sense at a time and notice what is happening with you in this moment.

Your School Social Worker is Still Here for You!

Call or text Sara Lawson at 208-495-4076 if you have questions, concerns, need help, or just want to talk. I mean it! Feel free to email as well
snlawson@kunaschools.org

Parenting Tip: Try to be Patient

This new way of life is not easy for anyone. We have to adapt. We might need to lower our expectations- of our children and of ourselves. Safety is paramount. Call me to talk more!