

news from the  
**~Caring Center~**  
September 2023  
Attendance Awareness &  
Suicide Prevention Month

**>> ONE THING <<**

Did you know there is ONE THING you can do that will automatically set your child up for success? This ONE THING demonstrates that you believe in your child, you value their education and their future, and you care enough to support them towards reaching their full potential. This ONE THING is linked to higher grades, higher graduation rates, higher achievement, higher self esteem, and lower rates of academic struggles, dropping-out, depression, and future criminal activity. This ONE THING is free! It is easy and takes less time because it's a time saver. This ONE THING develops your child's character. Fosters qualities such as integrity, honor, accountability, and honesty. This ONE THING teaches skills necessary for success now and in the future. Skills like organization, time management, punctuality, and dependability. In fact, if there was ONE THING that I suggest and practice myself as a parent, this is it! So, what's the ONE THING?!!! The ONE THING is...

**>> ATTENDANCE <<**

Compulsory education requires that children between the ages of 5 and 18 attend school. There are excusable reasons a child may miss school. [Click Here for the list.](#) Otherwise, kids need to be at school every day and ontime. Perfection is not realistic, but progress is possible! The key is creating habits and routines. Regular bedtime and wake up time. Clothes and materials ready the night before. The bell rings at 7:40 and there is always traffic! Therefore, set a goal to arrive by 7:30. Gates open at 7:15 and we serve breakfast! Lastly and most importantly, do not lie about missed school days, and don't ask your child to keep it a secret. This is detrimental. It puts a lot of pressure on your child. It teaches your child it's ok to lie, it's ok to break the rules, and you will "cover" for them. That's what you are modeling when you lie about missed school. It's a slippery slope! **I share because I care.** I want the best for your child now and in the future!

**Connecting With Your Child's  
School Counselor**

Vander's SC is Ms. Denise DuBois.  
Office hours are 8-2.

Room is 222, the Caring Center.

The extension is x67222. Email is  
[denise.dubois@cnusd.k12.ca.us](mailto:denise.dubois@cnusd.k12.ca.us)

Reach out to schedule an appointment.

**Suicide Prevention for Kids**

Have you ever heard a child say, "Ugh! I hate my life!" Maybe not those exact words, but similar? How can you respond when a child makes a "suicidal statement" (Ex - *I wish I was dead, I want to die, I'm going to kill myself, etc.*)?

I advise against scolding or, "Don't say that!" If the statement is made out of exasperation (no intent), then this is an opportunity to teach appropriate ways of expressing emotions. Ex - I FEEL statement. Create a replacement statement. Explain the difference between "emergency words" (which elicit emergency response) and common words. Ex - *there's a fire (emergency), verses, my parents lit the fireplace (common).* Connect this learning to when it is appropriate to call 911. Ex - *I don't call 911 when I'm hungry. Instead I say, "I'm hungry. Can I have something to eat?"* Communicating needs and feelings is an important life lesson for kids. Equally important is mental health and emotional regulation. If your child need support, please reach out.

[Click Here for Parent Talking Tips](#)

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REACHING OUT IS A SIGN OF  
**STRENGTH**

SEPTEMBER SUICIDE PREVENTION

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**988**  
SUICIDE  
& CRISIS  
LIFELINE



Wishing you and your family well! From: Ms. Denise DuBois, VanderMolen Elementary School Counselor