



District Student Services

June 2021

Summer Care

National Suicide Helpline
1-800-273-8255
If you or someone you know
is in crisis, seek help
immediately.

Summer is finally upon us which means more daylight and more opportunities for self-care with long sunny days and warmer weather. There are also more opportunities than ever to switch up your routine and enjoy what the season has to offer.

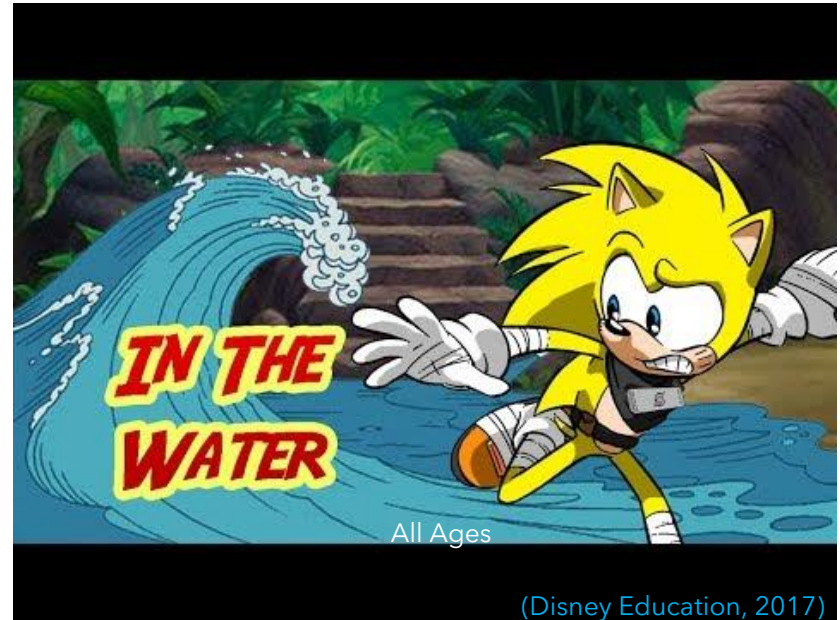
LifeStream Mobile
Response Team
1-352-408-6625

15 Activities for Your Summer Self-Care Checklist

- **Ditch the couch and relax outdoors.** Grab a blanket or lawn chair and something to read and set up camp on a shady patch of grass.
- **Go for a stroll.** A long walk can be a great way to clear your head and enjoy a warm summer afternoon. You can also grab a friend and get your exercise while catching up.
- **Explore your local farmer's market.** Take advantage of seasonal produce and local vendors. A trip to the farmer's market can be a great opportunity to try new foods and incorporate healthier options into your diet.
- **Start a garden or join a community garden.** Gardening can be a nice way to meditate, enjoy the outdoors and get some sunshine. It can also serve as a bonding time with your family or a way to make new friends. And at the end of the day, you can enjoy the literal fruits (and vegetables) of your labor!
- **Tidy one small space.** Perhaps a drawer or the top of your desk - even having one space clean and free of clutter can help you feel calmer.
- **Make a summer feel-good playlist.** Bring on the summer tunes! Music can be an effortless way to improve your mood and motivate you to get moving. Bonus points for listening while exercising or cleaning.
- **Have a picnic.** Enjoying a meal outside can be an easy way to get some fresh air and sunshine and shake up your daily routine.
- **Try a new exercise.** Getting those endorphins flowing can help calm your mind and improve your mood. Think about doing something outdoors like hiking, tennis, or swimming. Just don't forget your sunscreen and bug spray!
- **Look for things going on in your community.** Search online or in the newspaper for events going on around town. Consider outdoor movies, yard sales, festivals, farmer's markets, concerts, or dance classes. Making fun plans can help you feel excited and give you something to look forward to.
- **Start or continue a journal.** Writing can be a great way to express how you feel and check-in with your emotions. Or it can just be a place to doodle or draw. Make it whatever you need.
- **Reconnect with someone.** Call an old friend - or even a grandparent or parent.
- **Do an at-home spa day.** Taking a bubble bath, using a face mask, or doing a DIY pedicure can all be affordable ways to help yourself feel cared for. A candle, essential oils and relaxing tunes can all add to the spa vibe.
- **Go exploring.** Pull up a map and find a new area of town that you haven't been to yet.
- **Practice mindfulness.** Try meditation or make a list of 10 things you are thankful for.
- **Do a needs assessment.** How did your last week go? Is there anything you could do to make next week better? Maybe you need more sleep, more social time or to prepare some healthy meals before your next busy week. Take a moment to reflect and think about how you can make time for whatever you need to best care for yourself.

(Mental Health First Aid, 2018)

Wild about Safety with Timone and Pumbaa:
 Safety Smart - In the Water!



Summer Activities for Students

Camping	Hiking
Make a time capsule	Collect and paint rocks
Meditate	Kayaking
Music	The Beach
Swimming	Read
Have a picnic	BBQ
Fly a kite	Lawn games
Star gaze	Biking
Go fishing	Play a sport
Journal each day	Exercise
Learn a new hobby or sport	Build an obstacle course
Help a neighbor	Play board games

For more information, click on Very Well Family in the Resources list below.

Resources for Summer Safety

Resource	Description	Grade Level	Educator	Family
Florida Highway Safety and Motor Vehicles	Driving Safely - Safe Summer Travel - Tips for all motorists on our roads, educating everyone on safe driving practices to always Arrive Alive.	10+	X	X
Pool Safely - Pool Pledge	Simple Steps Save Lives - Pool Pledge & Free Toolkit	ALL	X	X
Pool Safely - Summer Safety Tips	Splash into Summer with 6 Essential Pool Safety Tips	ALL	X	X
Very Well Family	100 Summer Fun Ideas for Kids and Parents	ALL	X	X
Centers for Disease Control and Prevention	CDC - Keep Kids Safe This Summer	ALL	X	X
Kids Health	Summer Safety	ALL	X	X

Ms. Kit Humbaugh
 Director of District
 Student Services
humbaughk@citruschools.org
 (352) 527-0090 ext. 6301

Mrs. Jennifer Greco
 Coordinator of District
 Student Services
grecoj@citruschools.org
 (352) 527-0090 ext. 6301



Mr. Mayol Gutierrez
 Behavior Teacher on
 Special Assignment
gutierrezm@citruschools.org
 (352) 527-0090 ext. 6310

Mrs. Mindy Melito
 Program Specialist for Behavioral
 Health & Social Emotional Learning
melitom@citruschools.org
 (352) 527-0090 ext. 6311