

Friday Update, October 6, 2023

Good evening, Sulphur Springs Families and staff, this is Dr. Catherine Kawaguchi, your Superintendent with a Friday update, October 6, 2023.



Dear Families,

As you are aware, we are here to support the your child, both in academics, as well as, social/emotional wellness. Our District has partnered with Hazel Health to provide **free** Mental Health Services to families.

We are excited to announce this new virtual mental health service available for all Sulphur Springs Union School District students! Through our partnership with Hazel Health, students now have access to mental health support, at school and at home, and at no cost to you.

If you would like to connect your child with a therapist, or if you've noticed changes in your child's behavior, Hazel Health therapists can help.

Hazel Health provides therapy via video sessions through the school office or from home. Hazel Health's licensed therapists can help your child with:

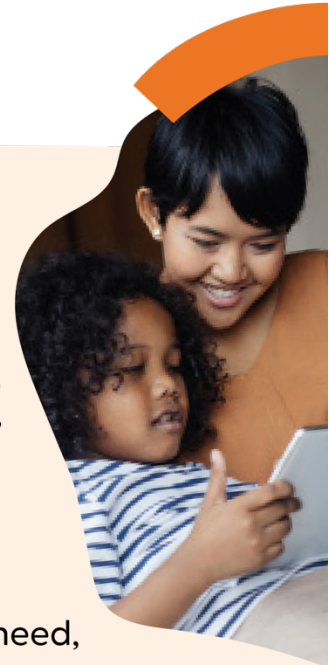
- Mood/behavior changes, motivation, grief/loss
- Anxiety, worry, fears
- Social skills, bullying, peer & family relationships

Learn more and sign up at: my.hazel.co/sssdk12/info

If you have additional questions regarding this free resource for your child, please contact your child's teacher, Principal, and/or school's Social Worker.

Hazel Health is here to support your family

With Hazel, your child can get the health care they need, when they need it, at school or at home, **at no cost to you.**



As a reminder, we greatly appreciate if families will please complete their data confirmation in the Aeries Parent Portal if you have not completed this already. We still

have some families that have not completed their information. Making sure that your information is up-to-date in Aeries Parent Portal assures that your child's school has the most updated information for your family. If you need assistance with accessing your Aeries Parent Portal, please call your child's school office.



Thank you, families for all that you are doing to support your child's positive attendance in school, and for arriving on time every day. Please know that if you need assistance in this area, we are here to support you.

Long term impacts of missing school

1 day per quarter =	4 days per year	Which is 1 week per year	In 13+ years of schooling is 36% of 1 school year
1 day per month =	10 days per year	Which is 2 weeks per year	In 13+ years of schooling is $\frac{3}{4}$ of 1 year
4 days per quarter =	16 days per year	Which is 3 weeks per year	In 13+ years of schooling is just over 1 year
1 day per week =	36 days per year	Which is 7 weeks per year	In 13+ years of schooling is just over $2\frac{1}{2}$ years
2 days per week =	72 days per year	Which is 14 weeks per year	In 13+ years of schooling is just over 5 years

Being on time also matters

30 min. per month =	7.5 min. per week	Which is 1 day per year	In 13+ years of schooling is 13 days
10 min. per day =	50 min. per week	Which is 1 week per year	In 13+ years of schooling is 36% of 1 school year
20 min. per day =	100 min. per week	Which is 2 weeks per year	In 13+ years of schooling is $\frac{3}{4}$ of 1 year
30 min. per day =	Half a day per week	Which is 3 weeks per year	In 13+ years of schooling is just over 1 year
1 hour per day =	1 day per week	Which is 7 weeks	In 13+ years of schooling is just over $2\frac{1}{2}$ years

Wishing you and your family a wonderful weekend. Thank you.

