



# MAY



As we step into the month of May, we're filled with excitement and appreciation! This month brings warmer days, end-of-year milestones, and a chance to celebrate some of the incredible staff who help our school thrive. From Principal's Day (May 1st) to School Lunch Hero Day (May 2nd), National School Nurse Day (May 7th), and Speech-Language Pathologist Day (May 8th), we honor the dedicated individuals who make a lasting impact on our students every day.

#### MAY 1 – PRINCIPAL'S DAY

THANK YOU, MS. MICHAEL, FOR YOUR UNWAVERING COMMITMENT TO OUR STUDENTS, STAFF, AND SCHOOL COMMUNITY. YOUR LEADERSHIP MAKES ALL THE DIFFERENCE!

#### MAY 2 – SCHOOL LUNCH HERO DAY

TO OUR INCREDIBLE NUTRITION TEAM: MS. LOOBY, MS. KIM AND MS. ADRIANNA, YOU ARE TRUE HEROES! EVERY DAY, YOU NOURISH OUR STUDENTS WITH CARE, KINDNESS, AND SMILES. THANK YOU FOR ALL YOU DO BEHIND THE SCENES TO KEEP OUR SCHOOL FUELED AND THRIVING!

#### MAY 7 – NATIONAL SCHOOL NURSE DAY

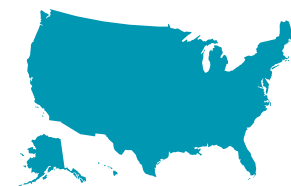
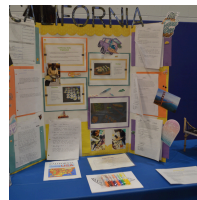
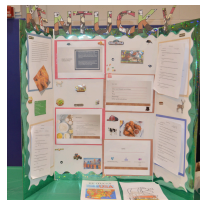
NURSE LEEANNA, THANK YOU FOR YOUR COMPASSION, CALM PRESENCE, AND TIRELESS WORK IN KEEPING OUR STUDENTS SAFE, HEALTHY, AND SUPPORTED. WE APPRECIATE YOU MORE THAN WORDS CAN SAY!

#### MAY 8 – SLP DAY

TO OUR AMAZING SPEECH-LANGUAGE PATHOLOGISTS, MS. SARAH, MS. MEAGHAN, AND MS. JULIE: THANK YOU FOR GIVING STUDENTS THE TOOLS TO FIND THEIR VOICE AND EXPRESS THEMSELVES WITH CONFIDENCE. YOUR IMPACT GOES FAR BEYOND WORDS, AND WE ARE SO GRATEFUL FOR YOUR DEDICATION AND CARE.

## 50 States Cook-off: A Cross-Curricular Culinary Journey Across America

On April 10th, our entire school embarked on an unforgettable cross-country adventure—right in our gym! 🇺🇸 We explored all 50 states through a vibrant celebration that blended culinary arts, geography, history, and culture. Students dove into research and proudly served up signature dishes from their chosen states, while staff joined the fun with their own delicious creations. It was a flavorful, hands-on journey through America like no other!



1<sup>st</sup> place: HS1 & HS2 (KY & CA)  
2<sup>nd</sup> place: AS3 (NC)  
3<sup>rd</sup> place: FS1 (FL)

1<sup>st</sup> Place - Facilities (IL)  
2<sup>nd</sup> Place - Specialist (NV)  
3<sup>rd</sup> Place - Food Services (VT)



# STUDENT AWARDS

ALWAYS ON  
TIME  
CALIA

ROCKIN'  
READER  
PAU

MOST  
PERSUASIVE  
AIDEN

FUTURE  
AUTHOR  
XAVIER

CLASS  
COMEDIAN  
CHRIS

BEST LAUGH  
LEE

COMPUTER  
WHIZ  
GREGORY





# CHILDREN'S MENTAL HEALTH AWARENESS MONTH

Just like physical health, mental health is essential to how children learn, grow, and connect with others. As parents and caregivers, you know your child best, so if you notice changes in their mood, behavior, or sleep patterns, it might be a sign they need a little extra support.

Small, everyday actions can make a big difference. Taking time to listen without judgment, maintaining consistent routines, and encouraging your child to express their feelings are powerful ways to support their emotional well-being.

This month, let's pause to check in with our children, talk openly about emotions, and remind them they are never alone. Together, we can create a nurturing environment where every child feels safe, seen, and supported.

Finding the right kind of support matters. Culturally responsive resources help ensure that children and families feel understood and valued, in ways that respect their unique backgrounds and experiences.

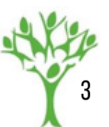
Here are a few ways you can support your child's mental health at home:

- Keep routines consistent—they help kids feel safe.
- Encourage healthy habits like sleep, movement, and screen-time balance.
- Let your child know it's okay to feel a range of emotions.
- Model calm and self-care when things get stressful.
- Don't hesitate to reach out—asking for help is a sign of strength, not weakness.

In addition, the **988 Lifeline** offers free, confidential, and non-judgmental mental health support 24/7. Whether by call, text, or online chat, help is always available. Services are offered in both English and Spanish, and there's dedicated support for LGBTQI+ youth under 25—just text **PRIDE** to **988** to connect with someone who understands.

Mental health matters—this month and every month. By keeping conversations open and making the right resources accessible, we can create a strong foundation where every child feels safe, supported, and empowered to thrive.

➔ **RESOURCES (PG 4)** ➔





# RESOURCES



Below, you'll find a list of accessible, family-friendly mental health apps and resources that promote mindfulness, stress relief, and emotional wellness:

- **Liberate Meditation** – A meditation app created for the Black, Indigenous, and People of Color (BIPOC) community, featuring guided meditations focused on healing, gratitude, and self-empowerment.
- **The Safe Place** – Designed specifically for the Black community, this app offers articles, videos, and self-care tools tailored to cultural experiences.
- **Stop, Breathe, Think** – Encourages mindfulness and self-compassion with guided meditations and breathing exercises.
- **Headspace & Calm** – Provide simple meditation and relaxation techniques to help manage stress, improve sleep, and support overall wellness.
- **Sanvello** – A science-backed app based on Cognitive Behavioral Therapy (CBT), offering daily tools for managing stress and anxiety, along with a supportive community.
- **Mindshift** – Created for teens and young adults, this app helps reframe anxiety with practical coping strategies and relaxation techniques.
- **Virtual Hope Box** – A digital tool with guided relaxation exercises, positive thinking strategies, and coping techniques.
- **Insight Timer & Smiling Mind** – Free apps offering guided meditations, calming music, and mindfulness exercises for all ages.
- **Sleepio** – Uses CBT-based methods to improve sleep by addressing stress, anxiety, and racing thoughts.
- **National Alliance on Mental Illness (NAMI)** – [nami.org](https://nami.org) Offers support groups, educational materials, and a helpline for families navigating mental health concerns.
- **Child Mind Institute** – [childmind.org](https://childmind.org) Provides expert advice and resources on anxiety, ADHD, and other childhood mental health challenges.
- **Autism Speaks Resource Guide** – [autismspeaks.org](https://autismspeaks.org) Offers support for families of children with autism and co-occurring mental health needs.
- **SAMHSA's National Helpline** – 1-800-662-HELP A free, confidential





# ANNOUNCEMENTS & REMINDERS

Students who  
arrive after 9:00am  
**MUST BE**  
signed in by an  
adult.

**HALF DAYS**  
5/7 AND 5/21  
**NO SCHOOL**  
5/26

HOW MANY JELLY  
BEANS ARE IN THE JAR?  
THE FOLLOWING  
STUDENTS HAD THE  
CLOSEST GUESSES!

ROBERT  
CHAYSE  
LESEAN  
SINCERE  
KEON  
AMAJI  
DESTINY

NEURODIVERSITY  
AND BEYOND



**CANCELLED**

11 am to 3 pm  
Green Tree School & Services  
1100 E. Washington  
Philadelphia, PA 19107



**MUFFINS**  
*with*  
**MOMS**



(Mentors Offering Guidance, Meaningful Support  
with Strength Through Love)

FRIDAY, MAY 9, 2025  
10:00 AM – 11:45 AM

GREEN TREE SCHOOL AND SERVICES GYMNASIUM

"Muffins with M.O.M.S." is a school-wide appreciation event celebrating the caregivers who pour into our students and fosters bonding, boosts student voice, and nurtures authentic connection between home and school.

**GTS**



**7-3**

