



# Counselor's Corner

## Mental Fitness... A New Way to think about Mental Health

I recently had the opportunity to visit the 4th grade classrooms to do a lesson on mindfulness. As I was planning the lesson something rather profound dawned on me. Physical fitness is the way we approach wellness for our bodies, so how about mental fitness for our minds? To become physically fit, we need to speed things up by moving our bodies. The goal is to increase our heart rate, respiratory system and blood flow in order to strengthen our bodies. Mental fitness on the other hand is about slowing things down. Using mindfulness practices like intentional deep breathing or meditation allows us to regulate our emotions and strengthen the region of our brain responsible for good decision making. Be intentional to include both physical and mental fitness practices into your daily life. It will improve the quality of your life and your well being. When you are well, your whole family benefits.



### Meet Counseling Intern, Mrs. McGinnis

Hello! I'm Charlotte McGinnis, the School Counseling Intern at Crown Point Academy this year. I previously worked at CPA from 2008-2011 and have spent the past 12 years at home raising my own 4 children. It has been a lot of fun to see some familiar faces among the staff, while also meeting many new faces. I am in my final year of schooling and will graduate this May. I am an avid reader, swimmer, baker, and appreciator of nature. I'm excited to meet more students here at CPA and to continue my journey of learning how to support them within their school environment.



## Social Media Friend or Foe?

Mrs. Webb, Mrs. McGinnis, Mrs. Hughes and I will be teaching about internet/online/social media safety during Social Studies Character Education for all middle school students this month. See [here](#) to view the presentation.

The U.S. Surgeon General's Advisory has released this public statement that "calls attention to the growing concerns about the effects of social media on youth mental health." See this link to read the report. [U.S. Surgeon General's Advisory: Social Media and Youth Mental Health](#)

## Parent's guide to Tik Tok

[Parents Ultimate Guide to Tik Tok](#)

[5 Things Parents Need to Know about TikTok \(Updated 2021\)](#)

[A Parents' Guide to Tik Tok: What Parents Need To Know To Keep Kids Safe](#)

## Resources

[Sims Fayola Foundation](#): A mentorship program for boys. Learn more about the program [here](#).

[We don't Waste Food Program](#)- Food resource regardless of income

[We don't Waste Food Program Calendar](#)

[Mental Health Resources](#)

[Mental Fitness Resources](#)

[Family Fun](#)