

SAP Parent Newsletter

February | 2023



Included Articles

Teen Dating Violence Awareness Month

Eating Disorders Awareness Week

Random Acts of Kindness Week

How To Turn Anxiety Into Positive Action With Scarlett Lewis a Free Virtual Workshop

Upcoming Community Events

2/15 School Budget Hearing 7:00pm

2/17 High School Lock In 7:00pm - 9:00pm

2/23 & 24 An Evening of Mysteries - Winter Play at the Lisbon Town Hall doors open at 6:00

2/27-3/3 February Break - No School

Be Sure You Have Access to the Latest Scheduling Information:

Lisbon Regional School Website
www.lisbon.k12.nh.us

School Breakfast and Lunch Menus
<https://lasfood.abbeygroup.info/Menus.aspx>

Up-to-Date Middle and High School Sport Schedules
<https://lisbonregionalschool.bigteams.com/>

Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month. Teen dating violence includes physical, emotional, sexual, or digital abuse in a dating relationship. According to the National Intimate Partner and Sexual Violence Survey:

- 1 in 4 women first experience intimate partner violence prior to the age of 18
- Over 71% of women and over 55% of men first experience intimate partner violence (sexual or physical violence, and/or stalking) under the age of 25
- Sexual violence is usually committed by someone the survivor knows

Dating violence in youths can have a lasting impact to their social-emotional well-being. Youth who experience dating violence are more likely to experience dating violence in their adult relationships- especially if not taught the signs of unhealthy relationships and what to do.

During Teen Dating Violence Awareness Month coalitions and organizations around the country aim to break the cycles of abuse by spreading awareness and providing support and services to victims, their families and communities.

If you or someone you know is experiencing dating violence it is important to seek support. Response Domestic and Sexual Violence Support Center can offer free, confidential support including safety planning, a 24 hour 7 day a week support line, court advocacy and accompaniment, hospital accompaniment, education, emergency shelter and more. The toll-free 24/7 support line can be reached at 1 888 662 4220. The Littleton office can be reached at 1 603 575 5656.



National Eating Disorder Awareness Week

Last Week of February

National Eating Disorder Awareness Week is honored every year in the last week of February. During this week organizations aim to raise awareness of materials and life saving resources to support those living with an eating disorder as well as share information on the matter.

Did you know eating disorders have been traced back to the 12th century? Purging was known to be a practice in ancient Egypt, Greece, Rome and Arabia. These ancient societies would purge their food after eating as they believed it would prevent certain diseases. The medical community began to recognize Anorexia Nervosa as a psychiatric condition in the late 1800s. Binge Eating Disorder was recognized in the 1990s as a medical condition.

Eating Disorders have the second highest mortality rate of all mental health disorders with Opioid Use Disorder as the first highest. 28.8 million Americans experience an Eating Disorder at some point during their lives. If you or someone you know think they may be struggling with an eating disorder it is important to reach out for help. Talk to your doctor or access support through NEDA (National Eating Disorders Association) helplines. While NEDA helplines are not meant to substitute professional help they can connect you with a trained volunteer who can help you find the information and support you need.

Visit the Chat Line at

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

Call

(800) 931-2237

Monday—Thursday 11am—9pm ET

Friday 11am—5pm ET

Text

(800) 931-2237

Monday—Thursday 3pm—6pm ET

Friday 1pm—5pm ET



How To Turn Anxiety Into Positive Action With Scarlett Lewis

The Jesse Lewis Choose Love Movement is a nonprofit organization whose mission is to create safer, more loving communities through programs for all ages. Choose Love believes everyone can learn to nourish and strengthen the body, mind, and emotions to build happy, healthy, meaningful lives and to thoughtfully respond to stressors that may occur. Choose Love uses a simple formula at the core of all their programs.



The movement began after the school shooting at Sandy Hook when Scarlett Lewis, the mother of six-year-old victim Jesse Lewis, wanted to honor her sweet spirited son by spreading his message of Nurturing Healing Love. The Choose Love Movement has also made February Choose Love Awareness Month to celebrate choosing love and spreading their message.

Scarlett Lewis, founder and CEO of The Jesse Lewis Choose Love Movement is hosting a **FREE VIRTUAL** parent and educator workshop on Monday, February 27th from 7-8pm. This workshop will focus on inspiring ways to turn our child's anxiety into positive action by using the Choose Love formula and message in our everyday homes, classrooms, and communities. You can reserve your spot with the URL below.

<https://www.eventbrite.com/e/how-to-turn-anxiety-into-positive-action-with-scarlett-lewis-tickets-514918744827>



National Random Acts of Kindness Week

Week of February 17th

February 17th is National Random Acts of Kindness Day. Random Acts of Kindness Day originated in Denver, Colorado in 1995 and has spread ever since. The week of February 17th is now National Random Acts of Kindness Week. The goal is to brighten the world through small, simple gestures, words, and actions.

No act of kindness is too small! There are many ways you can celebrate Random Acts of Kindness Week. Examples include:

- Leaving a positive, anonymous sticky note for a coworker
- Donate groceries to a local food bank
- Greet a person in the grocery store
- Surprise a friend or neighbor with a homemade meal or goodies
- Take time to thank someone (police officer, crossing guard, town plow truck drivers, etc.)
- Run an errand for a busy family member
- Donate dog or cat food to an animal shelter
- Return carts left astray in a store parking lot to the cart carrells



The Student Assistance Program
Counselor is here for you!



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