

SFSS Cares

Student and Family Support Specialist Newsletter



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Supporting Families in the Berea City School District

The Student and Family Support Specialists (SFSS) at Berea City Schools support families by providing, counseling, access to community resources and building connections that enhance and promote student success. The SFSS are here to help you. If you need support and do not know where to start, please contact the Student and Family Support Specialist in your child's school.

SFSS Staff Directory:

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COMMUNITY RESOURCE HIGHLIGHT

Emergency relief to families who have been harmed by the pandemic:

<http://www.ceogc.org/covid-19-emergency-assistance/>

Cleveland Pandemic Response - COVID19 Community Hub:

<https://cleveland.recovers.org/>

HOW CAN WE HELP?

SFSS Services Include:

- School-based Counseling
- Emergency Assistance
- Assistance with Community Referrals
- School and Community Programs
- Collaboration with School and Families
- AND MUCH MORE!!

[BCSD Community Resource Directory](#)

[BCSD Virtual Calming Room](#)



Community Resources

Connecting for Kids - Events

[Connecting for Kids - Home](#)

[Social Series: Using Your Social Filter \(Virtual\)](#)

[Speaker Series: Five Things Families Can Do to Foster Relationships Between Children who Struggle and Typically Developing Siblings \(Virtual\)](#)

Cuyahoga County Public Library:

Berea, Brook Park and Middleburg Heights Branches

[Family Events-All Ages](#)

Mobile Food Pantry - Wednesday, February 24th - 10:00am-12:00pm

[Mobile Food Pantry](#)

ADHD Webinars - ADDITUDE

[ADDitude - Inside the ADHD Brain: ADD Symptom Tests, Treatment, Support](#)

[Teen Stress Ignites Anger, ADHD Emotional Dysregulation](#)

[Parenting a Child with ADHD: 12 Principles](#)

[Behavior Problems and Discipline Strategies for Parents](#)



February Topics

Culture Playbook - Be Kind to Self and Others

As Titans, we believe that living with integrity is important. In a world where you can be anything, the most important thing to be is kind to others. Titans are not going to blame, complain, and defend their actions or situations, but rather, Titans will seek to provide solutions, bring energy and help others in everything we do. We do this to become the best version of ourselves.

Random Acts of Kindness Day

Wednesday, February 17, 2021

<https://www.randomactsofkindness.org/>

[Random Acts of Kindness Calendar 2021](#)

[35 Children's Books That Teach Empathy And Kindness](#)

Black History Month

[Interactive Workshop: Black American Families Building Partnerships for Success - Problem-Solving & Providers \(Virtual\)](#)

[24 Children's Books To Read In Honor Of Black History Month](#)

[The Founders of Black History Month | BLACK HISTORY THEMES](#)



Parent Resources/Activities

The Family Dinner Project - The Family Dinner Project

Tips for Busy Families

45 Screen-free Activities for Healthy Brain Development

Technology is hardly avoidable in today's life—especially with online schooling. It can be tempting to hand over the screen and let the kids zone out while you get some work done (or just need some quiet).

Use our [FREE Screen-Free Activities Tear-Off Posters](#) to encourage interaction, creative thinking, problem-solving, and a healthy brain development all while keeping your kids off screens.



Parent Resources/Activities continued

Understanding Your Child's Behavior

Average Behaviors

- Repeating their mistakes from time to time to see if a parent will follow through with discipline.
- Have disputes with peers
- Be curious about the opposite sex and to want to know where babies come from.
- want to avoid being punished

Questionable Behaviors

- Continuing to repeatedly misbehave, when you are applying consistent discipline, regardless of the consequences.
- Behavior that prevents them from having friends
- Coercive sexualized behavior
- compulsive blaming of others