

SFSS Cares

Student and Family Support Specialist Newsletter



IN THIS ISSUE:

- » Community Resources
- » April Topics
- » Parent Resources/Activities

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:

Miranda Coup, BC & Grindstone mcoup@bereaschools.org 216-267-2006

Meredith Ondak, BPE mondak@bereaschools.org 216-898-8307 x 7005

Christine Henderson, BMMS chenderson@bereaschools.org 216-676-8400 x 8739

Amber Fisher, BMMS & BMHS afisher@bereaschools.org 440-201-9878

Shalean Kemp, BMHS skemp@bereaschools.org 216-898-8900 x 5133

COMMUNITY RESOURCE HIGHLIGHT

Titans Helping Titans: FREE math tutoring!

[Titans Helping Titans Permission Form](#)
[Student Sign-up](#)

Sleep in Heavenly Peace: FREE beds for kids ages 3-17!

<https://www.shpbeds.org/chapter/oh-cuyahoga-w>

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

Berea Community Outreach

Food Distribution-Brook Park Branch, 6155 Engle Road. Wednesday, April 28 from 10am-12:00pm

[Berea Community Outreach | Berea, OH](#)

[Food Pantry | Berea, OH](#)

“Buy Nothing Berea” Facebook group - <https://www.facebook.com/groups/1003245439847495/>

Connecting for Kids - Events

[Connecting for Kids - Home](#)

[Spring 2021](#)

CFK: Cuyahoga County Resource Box: [register here](#)

[Concerned? Ask Us!: How to Find Summer Programs for your Child \(Virtual\)](#)

[Anxiety and Attention Series: Helping the Child Who Struggles with Impulsivity \(Virtual\)](#)

[5 Ways Black Mothers Can Deal with Racism in Healthcare and Education Systems \(Virtual\)](#)

[Behavior Series: Tantrum Tamer Toolbox - Stop the Meltdown Before it Starts! April's Tool:](#)

[Emotional Regulation Tools \(Virtual\)](#)

Cuyahoga County Public Library:

Berea, Brook Park and Middleburg Heights Branches

[Family Events-All AgesCuyahoga County Public Library Summer Reading Program](#)

[Take and Make - Spring Umbrellas](#)

[After School Homework Help](#)

Middleburg Heights

[Middleburg Heights Food Pantry – A Clients Choice Food Pantry](#)



April Topics

Culture Playbook - Be Honest and Trustworthy

PBIS

Berea City Schools are implementing Positive Behavioral Intervention and Supports to help encourage prosocial behaviors and reinforce positive choices kids make. To accomplish this goal, we are emphasizing three distinct values and reminding kids how they play out in all the settings kids occupy: the bus, the hallways, the cafeteria, the classroom, on the playground, after school activities, on-line and at home. These values are: Be Responsible, Be Respectful, and Be Safe.

This month we will emphasize home:

- Be Responsible** at home - Keep Room Clean
 - Do Chores Without Being Asked
 - Help with Younger Siblings
- Be Respectful** at home - Treat Siblings With Kindness
 - Listen To Parents Without Arguing
 - Use Manners
- Be Safe** at home - Watch Horseplay
 - Know All Your Followers On Social Media
 - Resolve Conflicts Without Violence

Autism Awareness Month

Every April, World Autism Awareness Day, on April 2, kicks off a month focused on providing opportunities to spread awareness, promote acceptance, and ignite change.

[Autism Society](#)

[Milestones Autism Resources](#)

Child Abuse Awareness Month

April is Child Abuse Prevention Month, a time to act collectively to raise awareness and empower people across the nation to play a role in making great childhoods happen.

[Childhelp Child Abuse Education & Prevention Resources](#)



Parent Resources/Activities

Confident Parents Confident Kids

A site for parents actively supporting kids' social and emotional development

[confident parents confident kids – A site for parents actively supporting kids' social and emotional development](#)

Mindfulness

[30 Mindfulness Activities for Parents](#)

[Mindfulness for Teens](#)

Feeling Overwhelmed with Parenting Demands?

[American Academy of Pediatrics](#)

[Self Care for Parents: When You're Already Overwhelmed](#)

[Self Care for Parents | Coronavirus Resources for Families](#)

[25 Simple Self-Care Tools for Parents](#)



