



Perrysburg
Schools

Parent Safety Task Force Newsletter

Parent Safety Task Force

Our Mission

To share information and promulgate new ideas about school safety among the school district, local emergency services, city resources and families in order to ensure the highest level of education and understanding across the local school community.

The Parent Safety Task Force is composed of a parent representative from each school building. For contact information please visit <http://www.perrysburgschools.net/ParentSafetyTaskForce.aspx>

Mental Health during a Pandemic

Everyone's experience of COVID-19 is different. Some have lost jobs and incomes. Some have lost family members or friends. Some of us have hardly been impacted other than juggling childcare, cooking more meals at home, or wearing a mask.

Our experiences are all accompanied by a range of emotions. For some, the added stress, anxiety, or early stages of depression may be new byproducts of the pandemic. As a parent/guardian, recognizing the onset or impact of these emotions is vital to the success of our students.

Anxiety, like a virus, can have different symptoms for different bodies. Anxiety might look like isolation, cancelling plans at the last minute. Anxiety might look like eating too much or not enough. Anxiety might look like constantly needing reassurance or an outburst over something irrational.

Similarly, depression can present in different ways. Depression can look like a loss of appetite or eating while numb. It may present in a student as trouble falling asleep or sleeping too much. Depression can present as restlessness or attempting to go unnoticed.

If these signs appear in your students, Perrysburg Schools has supports in place.



Active Listening

Being confined to our homes these past months, many children have been isolated from their friends or other support systems. Although technology has helped us overcome some barriers to staying connected, we are social creatures and require human contact. Being an active listener in your child's life, especially right now, can have a huge impact. According to Psychology Today, a good listener: stays quiet, reflects, and asks open ended questions. Each of these attributes encompass active listening. Too often we are distracted, and fail to truly listen. With the pandemic forcing families to cease normal activities and spend more time together, active listening can be a useful tool, providing insight into our children's lives and thoughts.

Mental Health Resources

Contact information for Perrysburg Schools counseling staff can be located at <http://www.perrysburgschools.net>. Select your school in the drop down menu at the top. Additional local resources can be located at <https://www.wcadamh.org/find-help/>

Wood County Crisis Line

If you or someone you know exhibits signs of a mental health crisis, The Crisis Line is available 24/7.

419-502-HOPE (4673)

Mental Health First Aid Training

- Adults: (419) 352-0626
- Youth: (419) 354-9010

Wood County Alcohol, Drug Addiction and Mental Health Services Board
(419) 352-8475

National Alliance on Mental Illness (NAMI)

A Mental health organization dedicated to building better lives for those affected by mental illness.

(419) 352-0626