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BACKPACK NEWS



Tips for Parents

Parents: Encourage open conversations about feelings. Remind your child it's okay to ask for help. If they're struggling, you can call or text **988** for free, confidential support anytime.

School Nurse Expertise

From Kara Anderson, School Nurse at Palmyra-Eagle School District:

"Mental health symptoms often present as physical symptoms in kids. These symptoms can be stomach aches, headaches, heart palpitations, sleep issues and fatigue. If you are noticing recurrent symptoms in your child, and other health issues have been ruled out, it can be worthwhile to speak with your pediatrician about possible other causes."

Reaching Out for Help: You're Not Alone

Everyone needs help sometimes, and that's totally okay! Talking about your feelings or asking for support is one of the strongest things you can do.

Whether you're feeling sad, anxious, or just "off," you don't have to handle it alone.

Start by finding a trusted adult you can talk to, like a parent, teacher, school counselor, coach, or nurse. You can simply say, "Can we talk? I'm having a hard time." They're there to listen and help you find ways to feel better.

Friends can help, too! Sometimes just talking things out or spending time together makes a big difference.

And if things ever feel too heavy or you're not sure where to turn, you can call or text **988** to reach the **Suicide and Crisis Lifeline**—a free, 24/7 service with people ready to listen and help.

Remember: your feelings matter. Asking for help shows courage, not weakness

Mental Health Matters: Feel Good Inside & Out

Just like you take care of your body, it's important to take care of your mind too! Everyone has feelings-- happy, sad, excited, nervous, and they can change from day to day. Taking a moment to check in with yourself helps you notice what you need.

Try asking, "How am I feeling today?" If you're stressed, take a few deep breaths, listen to music, stretch, or spend a few minutes outside. Talking about your feelings with a trusted adult, teacher, or friend can also help you feel lighter.

Self-care isn't selfish, it's how you recharge! Make time for things you love, like reading, drawing, playing sports, or hanging out with people who make you feel good.

Remember: kindness counts, especially toward yourself. When you feel supported and safe, your mental health blossoms, just like spring flowers!