

41 Encouragement

Hello PCS students, families, and staff!

Welcome to the new school year!

Hi! My name is Becky Powers and I am one of the mental health therapists at PCS in Chester, Taylorsville and Quincy. We are also lucky to have Sarah Bamberger and John Sebold providing therapy in Quincy.

Take what delights you and leave the rest.

- 1. Connection.** In addition to providing therapy, we are focused on creating an overall safe space where all of our students, families, staff, and community members feel seen, appreciated, loved, and connected.

Connection is the number one factor in emotional well-being.

Sarah and I have been delighted to be a more integrated part of the school this year and we are investing time being in the classrooms, participating in school activities, and interacting with students and staff during recesses and meals. We are connecting with people and noticing when someone seems to be on the outskirts. When we see this, we just check in with that person and make sure they know they are seen and cared for.
- 2. 3 Simple Acts of Kindness and Connection.** Your homework assignment is to help us with this mission of connection throughout the whole year. Take it one day at a time and have fun!

3 times a day find ways to connect with others.

Look someone in the eyes and say hello when you pass them on the street, in the grocery store aisle, or in the school hallway.

Ask someone how they are doing and pause long enough to truly hear their answer.

Notice someone on the playground who is sitting by themselves and invite them to eat with you or play a game with you.

Introduce yourself to someone new.

Wave at a classmate or fellow family member at drop off.

Compliment someone.

Hold the door open for someone.

Say thank you.

Share something about yourself with someone else.

Smile at someone.

Message someone to let them know they matter to you. Anything that connects you with someone else even for one second counts! You never know when your small act of connection and kindness might be exactly the thing that makes someone's day better. I would love to hear from you about your 3 acts of kindness and connection. I will post examples I receive for inspiration!

3. **It Spreads So Fast.** Can you imagine the love fest that would incite if every one of us just did 3 things each day for this whole year to connect? Simple. Lovely.
4. **Reach out.** If you are feeling lonely and disconnected, please reach out to a friend, family member, or any PCS staff. We are here for you and we care!!

Warmly,
Becky

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.” — Brené Brown.