



Weekly Newsletter 09/05/2019

September 5, 2019

Warrior Families!! It's been another busy week at Smithville High School. We have events happening just about every day of the week and I am proud to say out of our 900+ students at S.H.S., more than half of them participate in extracurricular clubs and activities. As mentioned in last weeks newsletter, research does say that when students get involved with school activities they are more likely to be on a path to success, however, being busy also has some downfalls. Many of our teens are so involved that their mental health becomes an issue and they begin to show signs of anxiety and/or depression. Teens are extremely hard on themselves and a lot of times lack the skills and strategies necessary to push through challenges. We hope to partner with you and help teach those skills and strategies that will be beneficial for ALL students. We currently have various resources and therapy right here on our campus and we want to make sure we share them in case you aren't aware. If your student needs help in the area of mental health and you find that you need some support please do not hesitate to reach out to our counseling center for guidance. We have individual and groups that meet during the school day for various issues and the cost is free to our students and completely confidential.

National suicide prevention week is Sept. 8-14th and we are excited to share that our school will be taking part in a "Mental Health Awareness" focus for the week. Our counseling team partnered with our students to plan great activities focusing on a different aspect of mental health each day. We hope to educate our students on the signs and symptoms and ways to deal with their mental health. The theme for the week is "There's a rainbow behind a bit of rain." Here is the plan and what that looks like:

Monday: Wear yellow. The focus is suicide awareness.

Tuesday: Wear blue. The focus is on depression awareness.

Wednesday: Wear red. The focus is on self-harm awareness.

Thursday: Wear Orange. The focus is on Anxiety awareness.

Friday: Wear the colors of the rainbow. The focus is on You Matter!

The following activities will also be provided to support parents during the week and will be held here at the High School in our Performing Arts Center:

Monday, Sept. 9 @ 6:00 pm a presentation on "Moms Breaking the Silence"

Wednesday, Sept 11 @ 6:00 pm a presentation by Dr. Steven Arkin "Perception of Suicide Survivor"

Friday, Sept 13 @ 6:30 pm a presentation on "How to talk about suicide and the QPR method."

On Saturday, September 14th at 7:00 pm a Candlelight Remembrance Walk in the courtyard of downtown Smithville, 102 E. Main will take place and at 9:00

pm Saturday in the Square will present the movie *Inside Out*, a computer-animated comedy about how human emotions affect interpersonal relationships.

I hope you all have had a wonderful week! Please feel free to reach out to me at any time. There is still time to sign up for *Coffee and Connect on September 16th from 9:00 to 10:00 am as well as a Cookies and Collaboration that evening from 6:30 - 7:30 pm. [RSVP HERE](#)* This will be a very informal meeting to share our currently building school plans as well as a time for you to share any ideas or information with us.

Your Proud Principal,
Dr. Platt

2019 GREATER KC GRANDFAMILIES CONFERENCE

Raising a grandchild/niece/nephew can be rewarding, but also challenging. The conference will provide speakers and agencies from throughout the Kansas City area that will share resource information to assist you in your role as caregiver.

WHEN

Friday, October 4, 2019
Check in begins at 8:30 am
Workshops start at 10 am
Keynote Speaker during lunch

WHERE

PLEASANT VALLEY BAPTIST CHURCH
1600 N. 291 Hwy, Liberty, MO

Register at :

www.GrandFamiliesKC.com

Free lunch provided with registration

****Seating is limited please register by September 25, 2019**

For more information contact: Joedi Forquer at 816-407-3490 or forquerj@missouri.edu

CONFERENCE TOPICS INCLUDE

- Social Media and the Kids You Care About
- Money Smarts
- Defensive vs. Non-Defensive Communication
- Compassion Without Fatigue

**EXHIBITORS FROM
LOCAL AGENCIES AND
BUSINESS WILL BE
AVAILABLE FROM
8:30AM -12PM**

SPONSORS



Warrior Closet dates and times for October and November!

[Warrior Closet Fall 2019](#)

FFA Mums- Order until September 10th
[Click here for the Mum Flyer](#)



Picture Day! September 9th! If your student still needs a picture packet, please have them stop by the office.

SHS Holiday Craft & Vendor Fair November 2nd, 2019

[Click here for the vendor form](#)



**Sept
10th!**

2nd Annual Fight Like a Princess Day Toy Drive Tuesday Sept 10th!

In honor of Éowyn Maynes, please wear GOLD to show your support for Childhood Cancer Awareness and bring a new toy or art supply to donate to Children's Mercy Hospital.



All items must be NEW and in their original packaging.
THANK YOU for donating some of the most needed items.

If you would like to order some spirit wear to support the Dazzlers click on the link below! Please order by September 10th.

[Dazzler Fan Shirt Order Form!](#)

\$25 Sport Physicals! Now through Sept 9th!



A new school year and new sports seasons are just around the corner. A physical exam is an essential part of children's health care, and it ensures they're ready to participate in the activities they enjoy. Stop by one of our 13 Saint Luke's Convenient Care clinics, where no appointment is ever needed. They're open evenings and weekends to provide convenient, affordable, high-quality care. A \$25 offer for back-to-school and sports physicals is available now through Sept. 9. Click [HERE](#) for information and locations.

Upcoming Events:

September 9- Picture day
September 10- Fight like a Princess
September 27- Early Dismissal- Homecoming
November 2- Holiday Craft & Vendor Fair

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