

SEPTEMBER 2020

# THE HOME-SCHOOL CONNECTION

PARENT NEWSLETTER



## MEET YOUR SCHOOL SOCIAL WORKER!

MS. DUJOUR

Welcome back to a new school year! My name is Ms. Dujour, and I will be your school social worker this school year! This year is starting out a little different, but I am still here to provide your student and family support to ensure school success! As your school social worker, I provide support to help minimize barriers to educational success.



## Parent Empowerment Tip: Managing Stress

*This has been a stressful time for many parents— so you are not alone!*

Sometimes, when we are stressed, it becomes HARDER to manage everything else that we have to deal with it in life. Here are 4 tips to help you manage stress:

1. Accept support— you do not have to go through difficult moments alone. Reach out to others (family, friends, etc.) and share your feelings! Other parents may be feeling the same way!
2. Make time for yourself. Do something you enjoy-- take a walk, exercise, or listen to music.
4. Don't overlook success. If you have made it through something difficult, be proud of that! Small steps forward are still steps!
5. Get help. If you are feeling stressed all the time or a current situation is too much to handle, reach out to your doctor!

## HOW CAN I HELP?

Homelessness    Parenting Support/Advocacy  
Economic/Basic Needs

Family Issues    Mental Health Support/Resources  
Community Resources

School social workers provide support to more than one school in the district, so the best way to reach me is via email: [dujouca@boe.richmond.k12.ga.us](mailto:dujouca@boe.richmond.k12.ga.us) or by clicking [here](#) and submitting a parent referral!

