

From Your School Social Worker:



Utica Community Schools has developed a website to assist families and staff with their physical, mental and social health, particularly during these stressful times. On the site are community resources as well as many positive messages (Monday Moments). Additionally, there is plenty of information about indicator signs related to mental illnesses, such as depression.

Contained in the UCS Wellness site is a Virtual Calming Room for students. The Utica Cares and Supports Wellness Team developed this site so that our students will know that their feelings are valid, no matter what they are since they may feel scared, overwhelmed, angry, alone, grateful or even completely calm. Activities that are available through the Calming Room are coloring and creativity, visual relaxation techniques, smartphone apps, puzzles and games, mindfulness activities, sounds and music, physical fitness and yoga.



Take a moment to check out these wonderful resources at https://uticak12.org/ucs_wellness.

Here's to good health and happiness for all in 2021!

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