

WELCOME TO OUR

Counselor's Monthly Newsletter

we're so glad you're here!



Hi Parents & Guardians!

The counselors and mental health professionals not only work with your children, we work with you too. We are professionally trained counselors to help guide your child and you through situations that require academic and social/emotional support. Do not hesitate to reach out to us and ask questions or allow us to provide support.

To contact us you can call or email.

Tina Chaisson
Meghan Duplessis
Shanon Briner

ADHD and Diet: Foods to Eat and Foods to Avoid

SOURCE: [HTTPS://WWW.WEBMD.COM/ADD-ADHD/ADHD-DIETS](https://www.webmd.com/add-adhd/adhd-diets)

There is no clear scientific evidence that ADHD is caused by diet or nutrition problems. Research has shown that your eating habits will help the brain work better and lessen symptoms. Experts have shared that whatever is good for the brain is likely to be good for ADHD.

Experts suggest eating:

- A high protein diet
- More complex carbs
- Omega-3 Fatty Acids

Experts suggest avoid eating:

- Candy
- Corn Syrup
- Honey
- Sugar
- Products made with white flour
- White rice
- Potatoes without the skins



Events for Parents

MENTAL HEALTH NIGHT

NOVEMBER 16: 6PM AT HMS CAFETERIA

IF YOU WERE UNABLE TO ATTEND, PLEASE CONTACT
MS. BRINER FOR INFORMATION AND RESOURCES.

Topics Discussed:

- WHAT DOES MENTAL HEALTH MEAN
- ANXIETY
- DEPRESSION
- SUICIDAL & HOMICIDAL IDEATION
- ADOLESCENT SOCIAL/EMOTIONAL DEVELOPMENT
- HOW TO HAVE CONVERSATIONS WITH YOUR TEEN ABOUT MENTAL HEALTH



Holidays are on the forefront

With Thanksgiving and Christmas on the horizon, this can be a very exciting time but nervous time for our students. We all know that students tend to get just a little excited when it comes to celebrating holidays in the classroom. Especially holidays involving candy! But there are students that sit in fear with the upcoming celebrations because of food. Food can be a trigger for teens that have negative body image, low self-esteem, or depression.

BULIMIA: THE HIDDEN EATING DISORDER

Bulimia nervosa is an eating disorder that involves binge eating and then purging – throwing up or misusing laxatives or diuretics – to avoid gaining weight. And although it's actually more common in teenagers than anorexia, it's much less visible. Kids with the disorder are often not underweight, and they eat a healthy amount at mealtimes. Ashamed of bingeing and purging, they often keep this behavior hidden from their parents. So fewer kids are treated, even though it's just as life threatening as anorexia

Link to article for tips and warning signs:

https://childmind.org/article/what-is-bulimia-nervosa/?utm_medium=email&utm_source=newsletter&utm_campaign=publish_ed_nl_2023-10_31&utm_content=what-is-bulimia-nervosa



Who is your 6th, 7th, or 8th grader?

Students in grades six through eight are changing physically, socially, emotionally, and intellectually. During this time, children are struggling to define themselves as individuals and in relation to others. They begin to question the role of adults in their lives, and their peers take on increasing importance.

PARENTING TIPS DURING THIS STAGE

- Active listening even during difficult situations
- Staying calm
- Ask professionals for advice
- Find different ways to connect
- Validate your teens feelings
- Take breaks from heated discussions
- Build a connection

COUNSELOR WEBPAGE

[HTTPS://WWW.STCHARLES.K12.LA.US/DOMAIN/1676](https://www.stcharles.k12.la.us/domain/1676)