

# HOME OF THE BULLDOGS



## Upcoming Events!

Nov. 3rd - 30th - Food Drive

Nov. 4th & 5th - Talent Show Tryouts

Nov. 18th - Steinway Concert

Nov. 25th - 27th - Thanksgiving Break



## How to ACT

If your friend is having suicidal thoughts

### 1. Be Aware of the Signs!

Learn to recognize dangerous signs, like:

- Mood swings
- Changes in appearance, personality, eating habits, or sleeping patterns
- They don't want to hang out or they isolate from friends and family
- Your friend shows risky, bizarre, or violent behaviors
- They aren't interested in their favorite activities
- They are thinking, writing, drawing, or talking about suicide, death, giving up, or 'going away'
- They give away their belongings
- **If you see these signs, take them seriously!**

### 2. Show you Care!

- Initiate dialogue in a non-judgmental way
  - Tell them you care
  - Ask, "Are you ok?"
  - Ask, "Is something going on you can share with me?"
  - Ask, "Are you thinking about hurting yourself?"
- React with feeling
  - Say, "I'm concerned about you"
  - Say, "Thanks for sharing with me"
  - Say, "I care about you"
  - Say, "I want to help you"

### 3. Tell a Trusted Adult!

Shift the focus from sources of pain to resources for help!

- It's ok to get help, even if your friend seems mad
- This is not a secret you should keep

Who do you tell?

- Your school counselor
- A Teacher
- Your parents/ Their parents



# Let's Talk:

Safe UT is a statewide service that provides real-time crisis intervention to youth through live chat and a confidential tip program –right from your smartphone. Safe UT can help anyone with emotional crises, bullying, relationship problems, mental health, or suicide-related issues. You can even submit a tip about a friend!

### Chat - CrisisLine

Opens 2 - way messaging with a SafeUT CrisisLine counselor.

### Call - CrisisLine

Tap this to speak to a SafeUT CrisisLine counselor. The CrisisLine number will appear and you can call immediately.



### Submit a Tip

Submit confidential tips to school administrators on bullying, threats, or violence.

## Faculty Spotlight



Ms. Marguerita is our Principal's Secretary at OJH and absolutely loves her job! She has been with GSD for 20 years.

Ms. Marguerita enjoys spending time with her family and animals. She loves to learn and wants all students have the same thirst for knowledge. Her interests include painting, sewing, tie dying, photography, gardening, music, thrifting and travel.

## Can YOU solve this problem?

$$\text{Turkey} \times \text{Leaf} = \text{Jar}$$

$$\text{Jar} - \text{Pumpkin} = 10$$

$$\text{Pumpkin} = \text{Turkey}$$

$$100 = \text{Pumpkin} \times \text{Pumpkin}$$

$$\text{Pumpkin} + \text{Turkey} \times \text{Leaf} = ?$$

The first 3 students to correctly solve this problem will receive a prize. Stop by the counseling office to see if you got the answer right!



## Who's My Counselor?

Ms. Kendall A-G: [ckendall@graniteschools.org](mailto:ckendall@graniteschools.org)  
 Ms. Johnson H-M: [nejohnson@graniteschools.org](mailto:nejohnson@graniteschools.org)  
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