



HARTLAND CONSOLIDATED SCHOOLS

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Dear HCS Community:

2023-24 Parent Engagement Workshops: The district has teamed up with all public school districts in Livingston County and the Livingston Sunrise Rotary Club to provide relevant parent engagement workshops for the 2023-24 school year. In Hartland, we have had board members, parents, and staff ask for more parent-focused mental health education opportunities, so this effort seemed to be a good fit for HCS.

Why focus on mental health? The American Academy of Pediatrics has declared a National Emergency in Child and Adolescent Mental Health. Rates of childhood mental health concerns and suicide rose steadily between 2010 and 2020, and by 2018 suicide was the second leading cause of death for youth ages 10-24. The pandemic has intensified this crisis: across the country we have witnessed dramatic increases in Emergency Department visits for all mental health emergencies including suspected suicide attempts. Our students are experiencing these issues and we want to help equip families with trusted research-based resources.

What is ParentGuidance.org? ParentGuidance.org is a free website for parents, or really anyone, to have a trusted place to go when they have questions. Our goal is to empower parents to have a positive impact on their child's mental health, and teach them how to tackle hard topics and situations with their children. Private on-demand resources in the privacy of your own computer, all designed to help parents support their children and themselves. I encourage you to check out www.ParentGuidance.org today and establish your free account! Please share it with your friends, family or anyone you know!

Virtual Mental Health Series Being Offered? The mental health series is a series of topical webinars relevant to parents and families of the school district. The first series is on Thursday, November 9, 2023 at 6:30 p.m. You can join via Zoom or attend in person, but you will need to bring your phone. Please sign up by scanning the QR code found on the next page. One thing to know about the webinars is that families can join and participate but be completely anonymous.

What is family coaching and where do parents find it? Being a parent can be tough. Our coaches give you confidence. Coaches are like your virtual parenting assistant. By working together, you can dependably parent in a way that helps your child thrive. Of course, everything is confidential. Registering is free and easy.

- Go to www.ParentGuidance.org and click coaching to sign up.
- Receive a response within 24 hours from a certified www.ParentGuidance.org coach
- Get a personalized plan in your first meeting
- Meet with your coach as often as once a week, depending on your needs
- Message your coach and receive responses within 24 hours when you experience difficult moments



Livingston County Families

join our first monthly Mental Health Series

Your Child's Anxiety

Nov 9, 2023



6:30–7:30 PM via Zoom

or your local district onsite viewing location

SCAN TO JOIN ANONYMOUSLY:

<https://cookcenter.info/Nov9Livingston>

"Helping parents, help their kids"



Sponsored by
Livingston Sunrise
Rotary
Club



Hartland STEM Highlighted in Local Paper:

<https://www.livingstondaily.com/story/news/education/hartland/2023/10/25/coding-since-kindergarten-hartland-sets-sights-on-stem/71257825007/> .

Congratulations Board of Education Secretary, Cindy Shaw who was named the **Hartland Volunteer of the Year**: Mrs. Shaw was recognized at the October 25, 2023 Hartland State of The Community event as the Hartland Volunteer of the Year. Congratulations and thank you for all that you do in our community.

Please view this video to learn more about Mrs. Shaw and all that she does for the community:

https://www.youtube.com/watch?v=IXLR_-5RbU8.



State of the Community Update by Mr. Hughes: If you missed the Hartland State of the Community event, please take the time to watch this video. You will hear updates about happenings in the district and things to think about as we move forward. <https://www.youtube.com/watch?v=a4i9JZETvW8>

Livingston United Looking for Female Hockey Players: Livingston United is currently recruiting players of all skill levels who want the experience of playing for their school for the 2023/24 season (November - March). If you are interested in joining an amazing group of female athletes, we would love to hear from you. Be part of something that goes beyond just hockey. Please call/text 248-672-1781 for details. Uniting Brighton, Hartland, and Howell High Schools into one amazing group of ladies!!! Go Knights!



Farms Intermediate and Lakes Elementary Partnership: The schools teamed up to provide a Trunk or Treat event on Friday, October 27, 2023. Fun was had by all.



High School Esport Highlight: This week, the Hartland High School Esport Coaches, Mr. Watkins and Mr. Montney, along with student player Lincoln Deman, share their thoughts about esports and the success the program is experiencing in its first year. Check out this video:
<https://www.youtube.com/watch?v=MuDx0omE3pc&t=5s>

Free Parent Coaching Available: Please see the information below. Parents are being offered free coaching to help with the most difficult job any of us have ever had. Try it out, you might find it valuable.



Coaching for Parents...

Do you need insight, energy and validation?

FREE Parent Coaching includes:

- Regular calls with a coach
- 24/7 texting with 24 hr response
- Guided, step-by-step resources
- Tools & tips to help you parent
- Confidential help

*A Parenting Coach
can be the
support you need!*

Scan to register for Coaching

<https://cookcenter.info/coaching>



Respectfully,

Chuck Hughes

*“People need to learn that their actions do affect other people.
So be careful what you say and do, it’s not always just about you.”*

Unknown