



Holmes, Donna <dholmes@palisadesd.org>

Community Message and FAQ 02.26.22

Dr. Bridget O'Connell <superintendent@palisadesd.org>

Sat, Feb 26, 2022 at 10:33 AM

Reply-To: dholmes@palisadesd.org

To: dholmes@palisadesd.org

Dear Palisades Community,

I would like to take this opportunity to share how the comprehensive planning process has shaped our district-wide approach to supporting student wellness in general, and mental health specifically. In addition, I have provided an FAQ as well as shortcuts to our comprehensive plans at the end of this message.

Every three years, the community assesses district strengths and needs and develops plans to address those areas of focus. Through this process, Palisades engages all sectors of our community including: school board members, business leaders, parents, teachers, staff, administrators, students and other community members. The focus on student wellness and providing an enriching learning environment in which students can achieve at their highest potential has been identified as a key component of our comprehensive plans for at least a decade. Throughout the past ten years, we have focused on physical activity, healthy eating and bullying prevention.

Beginning in 2016, the Comprehensive Plan (2016-2019) specifically included the goal to expand mental health support for Palisades students. We remain committed to that goal today as evidenced by the numerous programs and services we currently provide including: Second Step (elementary level) and LifeSkills (secondary level), Restorative Practices (district wide), the Student Support Teams and Student Assistance Programs (district wide) and the School Wide Positive Behavior Intervention and Support Program (elementary and middle schools). In addition, we maintain counseling services at each of our buildings, as well as a licensed counselor who supports students and families district wide.

Our commitment as a school district and thriving community to educate and support our students' needs are at the heart of our work, day in and out. I want to thank our community members, parents, administrators, teachers, support staff, bus drivers, board members and other valued educational partners including Lakeside, NOVA and BCIU for their continued commitment, engagement, and conversation around mental health.

Please note, I have attached an FAQ on this topic for your review. [FAQ on SEL, Trauma and Mental Health](#)

Please use the following link for each of our comprehensive plans and presentations which include steering committee membership, goals and strategies to meet each goal. [Comprehensive Plans](#)

Regards,

A handwritten signature in black ink that reads "Bridget O'Connell". The signature is written in a cursive, flowing style.

Dr. Bridget O'Connell

Superintendent

2/27/22, 9:25 AM

Palisades School District Mail - Community Message and FAQ 02.26.22

Palisades School District would like to continue connecting with you via email. If you prefer to be removed from our list, please contact Palisades School District directly. To stop receiving all email messages distributed through our SchoolMessenger service, follow this link and confirm: [Unsubscribe](#)

SchoolMessenger is a notification service used by the nation's leading school systems to connect with parents, students and staff through voice, SMS text, email, and social media.