

Appendix U

Example of School Newspaper Reporting

THE NOVATO UNIFIED SCHOOL DISTRICT MEMORIALIZED A STUDENT IN A WAY THAT DEMONSTRATED SENSITIVITY TOWARDS THE FAMILY OF THE DECEASED AND HELPED THE STUDENT POPULATION PROCESS THE LOSS. THE SCHOOL'S FACULTY ADVISOR COLLABORATED WITH THE SCHOOL'S COUNSELING TEAM, STUDENTS AND THE FAMILY OF THE DECEASED STUDENT TO CREATE A PIECE IN THE SCHOOL'S NEWSPAPER THAT FOLLOWS HERE:

This message has been brought to you by the NUSD Behavioral Health Team

Everyone moves at their own pace through the states of crisis and healing:

Give yourself permission to grieve in your own way and in your own time. Let the tears flow. Tears are a very natural and necessary part of grief. Tears help you express feelings that you may not have words for.

They are NOT a sign of weakness.

If you are experiencing feelings of anger, then give yourself permission to verbalize those feelings with someone you trust. You can also release anger by running, skating, lifting weights, writing in a journal, drawing, painting, or calling a friend. Let people know what you need.

It's also important to remember that if someone does ask you about your loss at a time when you don't feel like talking about it that it is okay to tell them you don't feel like talking about it right now.

Be good to yourself. Take time to get the rest you need. Balance that rest with regular periods of exercise and good diet; they are crucial to your physical and emotional well-being.

Don't compare your feelings of grief with how others are managing their grief. Others may appear fine, but privately they are hurting just like you. You have much to give. Even when we are in pain, we still have the ability to give to others. It may be hard to imagine, but giving to others will help you in your own healing process.

"See Something, Say Something". If you are concerned about a friend or classmate, please encourage him or her to seek help or share your concern with a trusted adult. NHS always has resources on campus every day, including our counselors, mental health clinicians, and school psychologist.

If you would like to access help outside of school, then you can use the following resources:

24/7 Text Line: 741741

Trevor Project Crisis Support 1-866-488-7386, 24 hours a day

Marin County Crisis Support 1-888-818-1115, 24 hours a day