



THE PUMA CLINICIANS

NEWSLETTER

September 2024

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Mr. Thompson, School Counselor

Ms. Baker, School Social Worker

September Awareness Initiatives

Hispanic Heritage Month

National Hispanic Heritage Month is annually celebrated from September 15 to October 15 in the [United States](#) for recognizing the contributions and influence of [Hispanic Americans](#) to the history, culture, and achievements of the United States.



Suicide Prevention Awareness Month

September is Suicide Prevention Awareness month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. Research shows that people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

World Suicide Prevention Day is September 10th. This is a day to remember those affected by suicide and to raise awareness. We ask students to wear purple and teal on September 10th to recognize this important mission. If you or someone you know is struggling, you can call or text the Suicide & Crisis Lifeline at 988.

Community Resources

A list of community resources can be found on our website: <https://magnet.d131.org/aurora-area-resources/>.



Upcoming Classroom Visits

Mr. Thompson will be visiting classrooms beginning this month! All students will receive a specific SEL/Academic Lesson based on grade level. Please see below for the schedule:

6th grade: How to Use an Academic Planner- Sept. 3

7th Grade: Time Management & Organization- Sept. 11

8th Grade: High School Transcript- Sept. 18

All students will be invited to a grade-level counseling class in Google Classroom. In the event that a student is absent, they will be able to obtain the information they missed.



Important Dates

- Sep 2 Labor Day- No School
- Sep 10 World Suicide Prevention Day
- Sep 25 Half Day for Students