

PARENT

NEWSLETTER

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7 ITEMS TO BOOST YOUR CHILD'S CONFIDENCE

Send them to school with a little extra love this year.

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HOW TO FOSTER A GROWTH MINDSET IN CHILDREN

A growth mindset sets kids up for success by focusing on the positive.

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KID CRAFT: UPCYCLED KEY WIND CHIMES

The perfect crafting materials for a thoughtful gift may be sitting in your recycling bin.

STRONGER TOGETHER

TMI is a model solution partnering police, school, health, and education to prevent substance use.



HELP YOUR CHILD

FOSTER A GROWTH MINDSET THIS YEAR

OUR PARTNERS



7 ITEMS

To Boost Your Child's Confidence This School Year

BY PRINCESS OWENS

The start of a school year is a great time to reaffirm our children. Self-questioning can arise as they navigate new social situations, making confidence essential. Children need to believe in their capabilities and understand what they are to thrive academically and emotionally.

With grace and empathy, we can help our children enter this school year with a sense of belonging. Here are several items that can boost their confidence. Keep reading to check them out.



HANDWRITTEN NOTES

Writing to my children is one of my favorite ways to bond transparently. Connecting with children enhances your relationship with them but it also gives them something to hold on to. It gives them the power in believing they are worthy of care and partnership. They are also a reminder of the love that awaits them at home.



AFFIRMATION CARDS

Affirmations cards are cards with positive declarations that children can read and say aloud. This practice can be done as a daily mindfulness tool or to respond to difficult feelings and experiences. Encouraging children to say them as often as possible may be beneficial.



FAVORITE LOTION

“Confidence is shorthand for feeling safe.”

I heard this saying in passing and thought it was a truth I could relate to. According to a [2020 article](#) by the Harvard Gazette, scent and our memory are linked because of the brain's anatomy. Whatever scents help regulate your child, consider letting them pack a small bottle to smell between class changes.



FAMILY PHOTO

A boost of confidence can come in the form of a child seeing and recalling how loved they are. Being reminded of culture, family, and heritage has a way of nudging our confidence in our own identity. This is also a beautiful display of the literal village rooting our children on.



PLANNER

Visual cues are an efficient way to help a child stay on task and prepared. This may provide structure to the school day, giving children a sense of relief due to preparation. Having a system reduces the weight of uncertainty. Be sure to make the planner straight forward and easy flowing. We don't want to trigger anxiety with rigidity and inflexibility.



A COMFORT BOOK

Having time to carve out leisure reading can be a task for many school-aged children, but reading is an efficient way to rebalance. It's important to know your child's "book language." Which books speak to them? How do they feel after reading those books? Learning this can comfort them, and you'll be a hero in your child's personal story.



CLOTHES THAT MAKE THEM FEEL COMFORTABLE

This is especially important for neurodivergent kids. My son with ADHD changes his clothes multiple times a morning. Because clothes have different textures, styles, and colors, it's one of the easiest ways for kids to show their mood and tap into self-expression. The sensory seekers will sometimes mismatch seasonal clothes for the difference in feelings.



LIKE THESE IDEAS?

[FIND MORE HERE](#)

SAVE A LIFE FREE NARCAN DAY

SEPT. 14, 2023

BERKELEY, MORGAN & JEFFERSON

On September 14, 2023, from **10 am to 4 pm**, local organizations in the Eastern Panhandle will provide free naloxone (Narcan) and education for everyone.

JEFFERSON

Jefferson County Community Ministries
238 W. Washington St.
Charles Town

Knutti Hall
102 W. High St.
Shepherdstown
OPEN UNTIL 7 PM

7 Sea's Food Store
6828 Charles Town Rd.
Kearneysville

Mountaineer Recovery Center
3094 Charles Town Rd.
Kearneysville

BERKELEY

Family Dollar
605 Winchester Ave.
Martinsburg
OPEN UNTIL 7 PM

Berkeley Day Report Center
520 S. Raleigh St.
Martinsburg
OPEN UNTIL 7 PM

Fire Station 1
200 N. Raleigh St.
Martinsburg

Goodwill
100 Eagle School Rd
Martinsburg

BERKELEY

Martinsburg Square
100 E. King St.
Martinsburg

Berkeley County DHHR
433 Mid-Atlantic Pkwy
Martinsburg

New Leaf Dispensary
776 Foxcroft Ave.
Martinsburg

Family Dollar
4996 Gerrardstown Rd.
Inwood

7-Eleven
8949 Williamsport Pike
Falling Waters

Reed's Pharmacy
71 Cowardly Lion Dr.
Hedgesville

MORGAN

CNB Bank
101 S. Washington St.
Berkeley Springs

Morgan County Homeless Coalition
47 Union St.
Berkeley Springs

Union Chapel United Methodist Church
10123 Valley Rd.
Berkeley Springs

War Memorial Hospital
1 Healthy Way
Berkeley Springs



How To Foster a Growth Mindset in Children

BY SONA CHARAIPOTRA



What Is a Growth Mindset?

As first defined by Carol Dweck, Ph.D, a professor of psychology at Stanford University, in her [2014 Ted Talk](#) and in her book *Mindset: The New Psychology of Success*, A growth mindset is an open, rather than fixed, way of looking at the world and your place in it. It's the belief that, with time, effort, and practice, you can expand your abilities—essentially, that talent can be grown and cultivated.

"In simple terms, I think of growth mindset as the idea that our abilities and what we're capable of are ever changing and ever evolving, and we have the potential to work on them and to expand upon them," says Saumya Dave, M.D., a board-certified psychiatrist and author based in New York City. "And they're not a limited thing that we're born with. It's an openness and a flexibility and a growth, versus a rigidity."

On a kid-friendly level, growth mindset is "the idea that we can always learn and grow, even in areas where we may currently struggle,"

...says Alexandra Eidens, author and creator of [The Big Life Journal](#), which helps kids develop a growth mindset. "The roots of the philosophy can be traced back to the work of psychologist Jean Piaget, who emphasized the importance of actively engaging with new experiences to learn and grow."

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The shift to a growth mindset can be very subtle, says Mister Brown, the creator of the Choose Well program and a motivational speaker and consultant for schools, libraries, and parents nationwide. But once you get it, it can be profound.

“Your mindset is like a thermostat. You can shift the thermostat's temperature to work for you. Your mindset works in the same way. Shift it from ‘have to’ to ‘get to,’ and you’ll start to see the whole world differently.”

–MISTER BROWN, GROWTH MINDSET EXPERT

“Your mindset is like a thermostat. You can shift the thermostat's temperature to work for you. Your mindset works in the same way,” he explains. “Shift it from ‘have to’ to ‘get to’, and you’ll start to see the whole world differently. I want to control that dial to ensure I get where I want to go.”

Brown says the thermostat metaphor is an easy way to teach kids to grasp how to grow and shift their own thinking. “When you ‘get to,’ that’s when you’ll make the better choice—and live the better life.”

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What Are the Benefits of a Growth Mindset for Kids?

One of the main benefits of a growth mindset for children is that it can help them become more resilient and handle disappointments much easier, says Eidens. “When children encounter challenges, they are more likely to bounce back and try again if they have a growth mindset,” she says. “They understand that mistakes are opportunities to learn and that success often requires effort and perseverance.”

That’s because adopting a growth mindset can help boost kids’ confidence. “When children believe that their abilities can improve over time, they are more likely to take on new challenges and feel confident in their ability to succeed,” Eidens explains. “This can help them develop a positive sense of self-worth and feel more capable of trying new things.”

When they feel confident, Eidens notes, they’re more open and willing to try new things. “A growth mindset can help children develop a love of learning,” she says. “With a growth mindset, children view learning as a lifelong process. As a result, they are more likely to stay curious.”



How To Foster a Growth Mindset in Children

While some people innately have a growth mindset, others need to work on developing one—for adults and kids alike. Luckily, as a growth mindset will tell you, it, too, can be developed with training and practice.

FOCUS ON THE POSITIVE.

“At its most basic, it’s about finding the positive aspect of any situation,” says Dr. Dave. “And that makes a growth mindset such a powerful reframe for any of us, at any age. ‘I get to do this. I love that,’” she says. “And what’s so interesting and incredible about kids is that they’re so psychologically flexible. So they take that in and adapt and apply it to all these different situations.”

DANGLE THE CARROT.

Let’s face it: not every task in life will be fun. “But that doesn’t mean we can’t be grateful that we get to do it,” says Brown.

Brown says rewards are a great way to motivate kids to be positive about even the most annoying activities. “Homework? Yeah. But then you get to learn math, turn it in, and get a good grade. And once it’s done, maybe you can play video games.” Or if you eat your broccoli, you get a square of chocolate. “There’s always a bright side. You’ve just got to learn to look for it.”

CENTER THE JOURNEY RATHER THAN THE OUTCOME.

“There’s much pressure on performance, on results, on fitting into certain parameters that we’ve decided are the worthy ones,” says Dr. Dave. “And my worry about that is that we’ve lost the beauty of the journey, the trying, and the skills we’re trying to develop. We’re so focused on the outcome instead. Praise the efforts rather than the outcomes. The experience of doing and trying—and even failing—is important.”

EMBRACE FAILURE.

“A growth mindset allows us to look at something and ask, ‘Well, what can I put back into this if I didn’t do well on it this time? What can I do to change that outcome next time?’” says Dr. Dave. “I think it also offers this really powerful word that is at the center of it: yet. ‘I’m not good at this—yet!’”

The key, Dr. Dave notes, is knowing that you can fail and try again. “One of the most important things that we can do is focus more on our efforts than our results, and that, in turn, can lead to a much more comfortable relationship with failure,” says Dr. Dave.

LEARN TO BE GRATEFUL.

Brown says that Gratefulness is a practice, which means working on it daily. This can be as simple as keeping a journal and tracking three awesome things about your day.

LIKE THESE IDEAS?

FIND MORE HERE

EVERY CHILD DESERVES A GOOD START

If you have an Infant or toddler at home and have concerns about their development with moving, talking, hearing, vision, playing, learning, or growing, we are here to help.

West Virginia's Infant and Toddler Early Intervention Program. Telehealth and In Person appointments are available at NO COST TO YOU.



(304) 267-3595 ext 132



OLD KEY WIND CHIME

GATHER

- at least five old keys
- a piece of drift wood or stick
- string or fishing line
- optional: acrylic paint

PAINT

Paint your keys and hanging stick. Choose a few coordinating colors and have your child paint the keys and stick. Our keys took two coats; let the first side dry before flipping and painting the other.

TIE IT UP

Tie a piece of string to either end of the stick to hang it, then tie a piece of string to each key. Lastly, tie the keys to the stick, ensuring they are close enough to each other that they will chime when the wind blows them.





A MODEL SOLUTION

TO A NATIONAL PROBLEM

Our mission is to prevent substance use disorders, build strong families, and empower the Martinsburg community through police, school, community, health, and education partnerships.

1

Increase awareness

of how to prevent substance use disorder through community empowerment.

2

Mitigate negative consequences

Resulting from substance misuse or trauma through community interventions, medication overdose.

3

Identify, risk stratify and offer appropriate interventions

for individuals experiencing risk factors of trauma or substance misuse.

4

Evaluate and report performance.



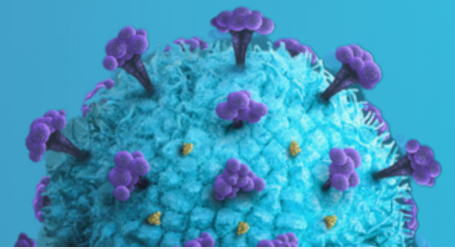
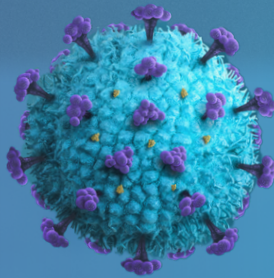
THE
MARTINSBURG
INITIATIVE

A POLICE, SCHOOL, COMMUNITY, HEALTH, EDUCATION PARTNERSHIP



COVID IS STILL ALIVE AND WELL.

Protect yourself and others.



GET YOUR
VACCINE



WEAR A
MASK



WASH YOUR
HANDS



West Virginia
Immunization Network

A PROGRAM OF The Center for Rural Health Development

IT'S A FAMILY AFFAIR

Get your family and friends vaccinated for Covid-19, Flu, Pneumonia, Meningitis, Shingles, and mpox!

Here are some facts:

- Everyone 6 months and older should get a COVID-19 vaccine.
- All adults need an annual flu vaccine.
- 1 In 3 will develop shingles in their lifetime, but vaccines can reduce this risk.
- CDC recommends meningitis vaccines for all preteens & teens.
- Children under 2 and adults over 65 are most at-risk for pneumonia.
- People at risk of mpox should get both doses of the vaccine to get the most protection against infection.

For more details,
visit: <https://www.vaccines.gov>
or call: 1-833-734-0965
#BoostUp!

Get Involved with
CEG here:



Community Education Group
www.communityeducationgroup.org



THE
MARTINSBURG
INITIATIVE
A POLICE, SCHOOL, COMMUNITY PARTNERSHIP

FIND US HERE

- PIKESIDE LEARNING CENTER PRE-K
- BERKELEY HEIGHTS ELEMENTARY SCHOOL
- BUNKER HILL ELEMENTARY SCHOOL
- BURKE STREET ELEMENTARY SCHOOL
- OPEQUON ELEMENTARY SCHOOL
- ROSEMONT ELEMENTARY SCHOOL
- TUSCARORA ELEMENTARY SCHOOL
- WINCHESTER AVENUE ELEMENTARY
- EAGLE SCHOOL INTERMEDIATE
- MILL CREEK INTERMEDIATE SCHOOL
- ORCHARD VIEW INTERMEDIATE SCHOOL
- NORTH MIDDLE SCHOOL
- SOUTH MIDDLE SCHOOL
- SPRING MILLS MIDDLE SCHOOL
- MARTINSBURG HIGH SCHOOL
- MUSSELMAN HIGH SCHOOL

Contact info@themartinsburginitiative.com
to become a mentor.

OUR PARTNERS



*City of Martinsburg
Police Department*



Berkeley County Schools



Shepherd University



*Washington/
Baltimore High
Intensity Drug
Trafficking Area*



*Drug-Free Communities
Support Program
Funded by ONDCP*



BACKPACK GIVEAWAY



STRONGER TOGETHER

 themartinsburginitiative.com

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