School Connectedness & Academic Achievement

According to the Center for Disease Control and Prevention, students who feel more connected to their school are the ones who believe that “the adults and other students at school not only care about how well they are learning, but also care about them as individuals” (2018). These students are more likely to succeed academically and make healthy choices. Panthers, collectively, we can undoubtedly have an important and positive influence on all of our students’ lives. By giving some of our time, interest, attention, and emotional support, we can help to foster a connectedness within (PHHS) that will create and welcome a supportive school environment for each of our students. Students who feel connected to their school are:

- More likely to attend school regularly, stay in school longer, and have higher grades and test scores.
- Less likely to smoke cigarettes, drink alcohol, or have sexual intercourse.
- Less likely to carry weapons, become involved in violence, or be injured from dangerous activities such as drinking and driving or not wearing seat belts.
- Less likely to have emotional problems, suffer from eating disorders, or experience suicidal thoughts or attempts (CDC 2018).

Be Well Resource Corner

- **The Barry Group, LLC**
  12725 W Indian School Rd Suite E - 101
  Avondale, AZ 85322 • Phone: (602) 432-4055
  Therapeutic Services facilitated by Practitioners who specialize in Psychological Counseling, Pediatric Mental Health, Nutrition, Family Coaching, and Arts therapies.
  Providing comprehensive evaluation and treatments to help individuals cope with ADD/ADHD, learning disorders, autism, anxiety, bipolar, depression, plus other emotional and behavioral disorders.

- **Cascade Natural Medicine**
  18789 N Reems Rd #260-F
  Surprise, AZ 85374 • Phone: (602) 432-4055
  Practices and creates evidence-based “alternative medicine” treatment plans that address the underlying cause of illnesses in patients to establish their optimal health while supporting their inherent self-healing process.

HOW TO DEAL WITH STRESS AND ANXIETY

MIND
- Accept that you cannot control everything. 
  Put your stress in perspective: is it really as bad as you think?
- Do your best.
  Instead of aiming for perfection, which isn’t possible, be proud of however close you get.
- Maintain a positive attitude.
  Make an effort to replace negative thoughts with positive ones.
- Learn what triggers your anxiety.
  Is it work, family, school, or something else you can identify? Write in a journal when you’re feeling stressed or anxious, and look for a pattern.

For mental health information and resources visit: www.mentalhealthamerica.net

"Life is not merely being alive, but being well."
- Marcus Aurelius