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Littleton Public Schools

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FOR IMMEDIATE RELEASE

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Russell Street School Hosts Empowering Families 101 Focused on Student Anxiety

LITTLETON -- Principal Scott Bazydlo is pleased to report that Russell Street School teachers and staff welcomed parents to a special event last week centered on reducing student anxiety.

On Thursday, Jan. 24, Russell Street School hosted Empowering Families 101: Reducing Anxiety in a Stressful World. The event featured presentations and a discussion on the prevalence of anxiety in kids and the symptoms parents and caregivers should look out for in their children.

The event also emphasized the impact that technology has on kids' mental health, and effective strategies for addressing anxiety both at school and at home.

"We take pride in partnering with our parent community and working together to help all children succeed," Principal Bazydlo said. "I'm proud of the Empowering Families team for taking the initiative to do this important work for the benefit of our students and their

families."

The Empowering Families team includes Math Interventionist Susan Mitchell, Literacy Specialist Rita McKinley, Behavior Analyst Nancy Taylor and Fourth Grade Teacher Amy Metcalfe. In past years, the group has led similar programs with a focus on academics, technology and social/emotional learning.

At the suggestion of parents, the team will plan future sessions on essential study skills and building good habits, as well as the connection between students' minds and bodies.

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