

— winter 2023 —

# MENTAL HEALTH HIGHLIGHTS

QUARTERLY NEWSLETTER OF THE APS MENTAL HEALTH COMMITTEE



## Beat the Blahs

FEB 27TH- MARCH 3RD, 2023

Join in on a week of fun this winter to Beat the Blahs! As one way to help us keep having fun during the dark and sometimes long days of winter, Beat the Blahs week will be a week where student's can tap into joy, learn a bit about mental health, and band together with our Allendale school spirit. The week of February 27-March 3 will include dress-up spirit days, positive and age-appropriate wellness activities, and other school fun.

*APS Mental Health Committee*  
presents

## MENTAL HEALTH PARENT WORKSHOP

THURSDAY, MARCH 16TH, 2023

@: CLEGARKEK FAC

6:00 PM-8:30 PM

- Listen to experts discuss Mental Health trends in students
- Mental Health Community Resource Tables
- Babysitting Provided



SAVE THE DATE

## APS Mental Health Awareness T-Shirts

ORDER YOUR'S NOW AT:

<https://allendale-public-schools-mental-health-fundraiser-2023.itemorder.com/shop/home/>

This year's t-shirt designs were chosen during our "Be Kind to Your Mind" t-shirt design contest, and we had three student winners. Shirts can be ordered with any design in three colors: black, grey, and forest green. Long-sleeve and hoodies are also available.



Winner- Evergreen Elementary

**MADILYNN MARKLE**

2ND GRADE



Winner- Oakwood Intermediate

**HUGH SNYDER**

5TH GRADE



Winner- Allendale Middle School

**BROOKLYN ZELLER**

8TH GRADE

# MENTAL HEALTH RESOURCES



For more Mental Health Resources and information on Help Lines, please visit the [Mental Health page](#) on our APS website.

In the event of a mental health crisis, call 988 or go to the nearest Emergency Department:

Holland Hospital  
602 Michigan Ave, Holland  
• 616-392-5141

Spectrum Health – Zeeland  
8333 Felch St, Zeeland  
• 616-772-4644

North Ottawa Community  
1309 Sheldon Rd., Grand Haven  
• 616-847-5310

Spectrum Health– GR  
100 Michigan St. NE, GR  
• 616-391-1774

Forest View Assessment Center  
1055 Medical Park SE, GR  
• 800-949-8439

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