

SAFETY

NEWSLETTER OF SCHOOL SAFETY

STUDENT'S MENTALITY

Written by Maya Patricia Wilhelmy Sanchez

School safety relies largely on students mental health. It is important to conclude that unhealthy mentalities can not only harm the students' education and achievements but endanger their surroundings. The majority of school shooters have mental illnesses or are not in the healthy state of mind.

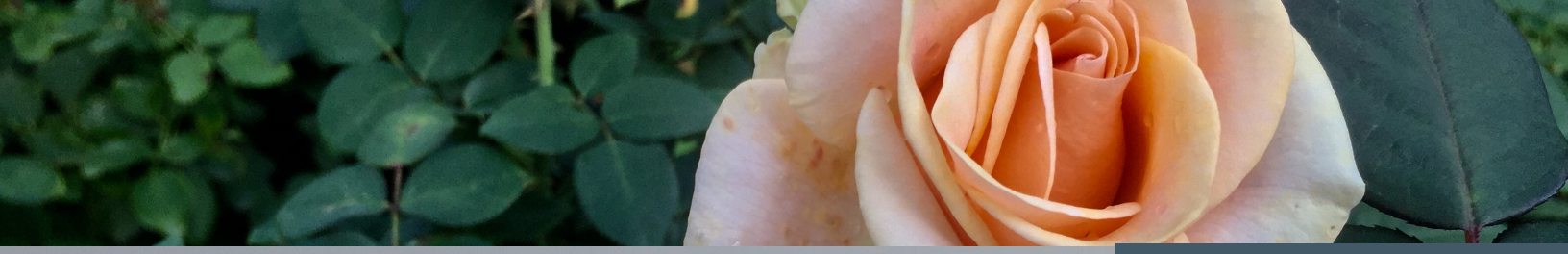
People are tremendously affected at young ages as at this time they are being shaped into who they are. However what's important to remember is that if we do not assist this by improving students mental health, there may not be a future or a them to shape.

In order to keep their futures intact, we must change a few things.

A few steps we must remember is to become aware of the signs in students, understand the impact, spread awareness across the nation and finally take action.

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THIS MONTH:

Safety



Become Aware of Signs of Students

BY MAYA PATRICIA WILHELMY SANCHEZ

We must be aware that students always show signs that are very critical. The smallest things you see can save a life. Different students show different signs however what you must look for is a change in their personalities.

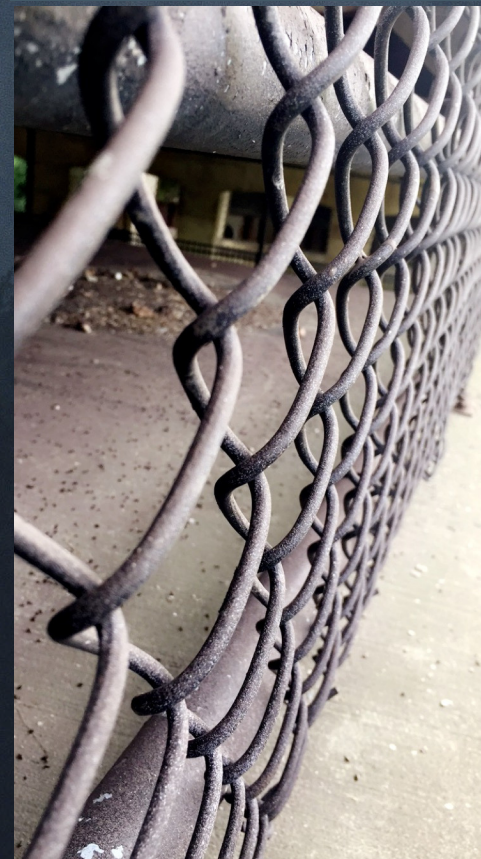


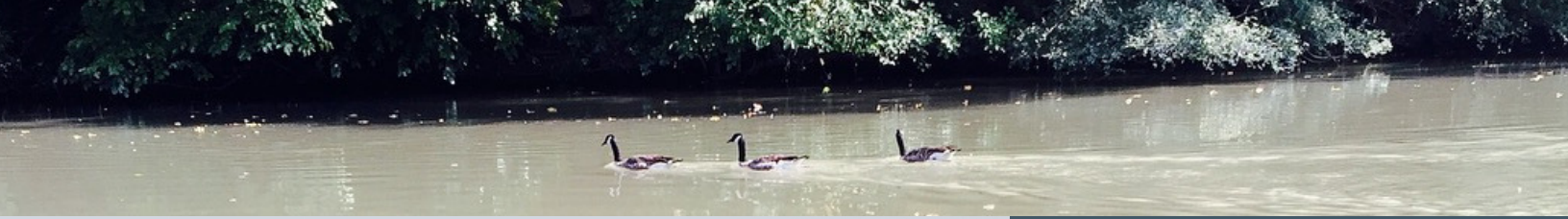
For example, at WGU, a teacher noticed a change in one of her students named, Melina. Melina began to wear the same clothes everyday and did not try on her homework or essays. In an attempt, the teacher tried talking to her where she then showed signs of withdrawal. Immediately after, the teacher made the school's social worker know and they were able to conclude that Melina was depressed and suicidal. For that, Melina went to a hospital where she was treated with therapy and medication. So, Melina's life was saved because people simply acknowledged her signs.

What you see matters. What you see can make a difference. What you see can save lives. It matters.

"The first step toward change is awareness. The second step is acceptance"

NATHANIEL BRANDEN





Understanding the Impact

BY MAYA PATRICIA WILHELMY SANCHEZ

1 in 5 people have a type of mental disorder or disease. 60% of students with mental illnesses don't graduate. At the age of 14, we are able to assess an individual to determine if they hold a mental disorder.

Students deserve to be happy. Students deserve to go to school without a weights on their hearts tied to their brains. You see the impact on your rates of graduation but what about the students themselves?



Understanding the impact on an individual student rather than the reputation of the school is crucial. I understand that school reputation is important however what's more important is the lives that are explored in the school, the futures that are reaching for your help, the students that need your help. You can also look at it this way. Some people may just see those graduation rates but some people could see a school that cares for their students and employees, a school that spreads love and honor rather than tests and fear, a school that creates healthy relationships rather than 100% college graduates. You deserve to be healthy. Staff deserves to be happy. Students deserve to be happy. Humans deserve to be happy and healthy. By understanding the consequences, we can reach out to hurt students and make a change from unhealthy to healthy.

"Recognize that every interaction you have is an opportunity to make a positive impact on others"

SHEO HYKEN





Spreading Awareness

WRITTEN BY MAYA PATRICIA WILHELMY SANCHEZ

We must be sure to make everybody aware. We must teach people the signs and impacts on the students but also the school. Be sure they understand that the students are at risk, the staff is at risk, the school in a whole is at risk. It is not that students with mental illnesses are ticking time bombs however they do put themselves and their surroundings at risk.

By spreading awareness, we can teach people the power of "see something say something". We can show them that each and every one of us has the potential to save lives. Simple actions each day have great impacts.

In many shootings, we hear about how somebody knew about it before it happened. The parkland shooting in Florida, FBI became aware however believed the threat was a joke thus taking no action. Shooting in New Zealand, man claimed to of had knowledge of it before it occurred. We all have the power to see these things happen ahead of time. In order to save hundreds of lives, we must enforce see something, say something and take every threat seriously. Lives are at risk.

The most
common
way people
give up
their power
is by
thinking
they don't
have any.

Alice Walker



Taking Action

WRITTEN BY MAYA PATRICIA WILHELMY SANCHEZ

As all the steps, this is very crucial. From our gathering of information and supporters, we can put these ideas into reality, these words into actions, these consequences into benefits. In order to take action you need a plan however you must remember that taking action does not have to be some giant event, doesn't have to be thousands of people coming together in a protest or a speech on TV. Taking action could simply mean going to the student you are worried about and taking them out. It could be having a conversation with them and their parents. It could be confronting them or just sharing your experiences. There are different techniques for different people so based on your understanding the issue and spreading awareness you could create observations that allow you to learn more about the student and their symptoms. Based on that, you can talk to them accordingly so they may feel safe and cared for rather than isolated which could cause outbreaks that cause school shootings. Ensure their safety to ensure the schools.



*Safety is the
most basic
task of all.
Without sense
of safety, no
growth can
take place.
Without
safety, all
energy goes to
defense*



PTSD IN STUDENTS

Written by Maya Patricia Wilhelmy Sanchez

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"The most important of life's battles is the one we fight daily in the silent chambers of the soul."



STUDENT SAFETY

Written by Maya Patricia Wilhelmy Sanchez

In order to achieve student safety we must keep in mind our steps and methods we've discussed above. From looking at past shootings, we were able to make a common observation. All shooters seemed to be mentally ill or unwell. This does not mean they were insane but rather held the feeling of isolation, or had depression. I have experience, Life can be very difficult and harsh. Most of us have found somebody or something that we can express our issues and struggles with whether it is a human, animal, art or hobby. These shooters do not know how to handle their pain and struggles, they are unaware of how they can express it healthily so instead they hold the pain bottled up inside of them until one day it becomes too filled and explodes. The explosion is a shooting or harming others.

We are all aware that this is unhealthy however that's the only way they understand. Student safety must be achieved by thinking of individual students rather than the school as a whole. In order to prevent groups of people being physically harmed, we must save those whose scars live under their skin. By following our methods, we can achieve this as saving an individual from the horrors of fear poisoning their minds can save hundreds and even thousands of people. Saving these people will not only physically save them from the hatred bullet but also save them and their families from PTSD and other symptoms people obtain from these shootings.

"You cannot heal a lifetime of pain overnight, be patient with yourself, it takes as long as it takes to rebuild yourself."



SCHOOL SAFETY

Written by Maya Patricia Wilhelmy Sanchez

*"It is only in sorrow
bad weather
masters us; in joy
we face the storm
and defy it"*

Amelia Barr

School safety is of course as we know crucial. As we discussed above, in order to achieve school safety we must achieve individual student safety. By saving one we can avoid shootings and unhealthy outbursts in a whole..

Now that we are aware of how we can achieve school safety, let's go over what exactly school safety is. When the phrase "school safety" is said, most people automatically think "school shootings" however student and staff safety is not only determined in school shootings but also in everyday lives.

One day can create a big impact. School safety is not only the physical safety of staff and students but also the happiness and healthy environment of the school. Thus, in order to achieve school safety, in addition to our methods, you must also be sure to attend to all students needs with at least an acknowledgement. This does not mean you have to take a student out of the classroom every single day but a simple "hello", "good morning" and asking how their day is going can make a change. Many students feel that nobody cares for them which brings them to isolation and we know where that can go. Isolation is unhealthy for the student because it limits happiness so remember, simple phrases, looks and smiles can make everyone's day and bring us to school safety.