

Watch The Mental Health of Students



By Dr. R. Pletsch

These are comments from parents and grandparents and students in grades 3 - 10 about the first two weeks of school. The comments I use were cited by at least two students. Many of you who read these articles have school aged children in your families. These are things you might look for and notice that your child is not alone.

We all know those students that are quiet and private and others who talk to everyone and would even know your shoe size. Parents, try to notice if your child is acting differently. Sometimes it is normal to change with age, but it can be a symptom of depression. Do not get over-excited if you notice a difference, but the school counselor is often a good place to seek initial help.

The items mentioned by these parents and kids may be something to look for and help your children sort it out. Some are strictly society. Several were very fearful of each other because of Covid-19, especially the ones too young to be vaccinated.

Some are biracial and had heard that their White parent is an oppressor. Many have families that handle this, but when they attend school, it is a new dynamic.

There can be an issue in the difference between school and the home environment. Some students are worried because learning at home virtually is different. Someone is always jumping in, but in school, that is not happening. The teacher often takes turns and some students develop anxiety because they fear they will be called on and they won't know the answer. This is a normal part of school, but seems to be accentuated by the year out of class.

School is a part of life that is handled differently by everyone. It is a commonality that all can talk about the rest of their life. Kids seem to enjoy finally finding someone with the same interests, electronic games, baseball cards, dancing or almost anything. The most important thing for parents is to listen and observe without being a helicopter parent. Kids need space to grow while being as safe as possible. Look for differences in your child's behavior. This does not mean there is a problem, it can be normal growth. Just be aware, observe and, if you believe there is a problem, seek help.