

TIDE TALK

A MONTHLY LOOK AT MENTAL HEALTH & WELLNESS AT TES

OCTOBER 2025

newsletter

Waves of Wellness

October Focus: Empathy & Being a Good Friend

This month, we're teaching students how to build strong friendships, show empathy, and stand up for kindness. While we will talk about what bullying means, our main focus is on what it looks like to be a caring and helpful friend.

At TES, students will learn:

- What empathy means (understanding how others feel)
- How to be a kind friend with words and actions
- The difference between playful teasing and hurtful behavior
- What to do if they see someone being unkind (being an Upstander)
- Lunch Lessons and videos to spark conversations about friendship and empathy

House Lessons

Students will explore:

- Ways to show empathy in everyday situations
- Kind vs. hurtful behavior
- How to include others and build a community of belonging

Kind

We're helping students learn:

"It's cool to be kind!"

SOS: Saving Our Sanity

Real Talk for Real Parents

October: "Is This Bullying... or Just a Friendship
This time of year, friendship ups and downs are common. Kids are still learning how to share, include others, and manage big feelings. What looks like "bullying" is often part of normal social growth—and with support, they can learn and grow from it.

What to Watch For

- "You can't play with us" or "You're not my friend!"
- One-sided or controlling friendships
- Kids upset about being left out or teased
- Frequent tattling or confusion about what's fair

What You Can Do at Home

Parents play a huge role in growing empathy and friendship skills. You can help by:

- Coaching, not rescuing - Ask, "What did you try?" and brainstorm responses.
- Modeling empathy - Talk about feelings and practice kind words.
- Role-playing - Practice tricky situations like being left out or hearing unkind words.
- Normalizing conflict - Remind kids that friendship bumps are normal and can be worked through.
- Avoiding labels - Say "That was unkind," not "They're a bully."

When to Reach Out

If your child is being repeatedly excluded, anxious about school, or overwhelmed—even after trying strategies—let us know. We're here to support you.

Rising Tide: What's Happening at TES

 Fall Break - Oct 6-10
Rest matters! Try a walk, board game, or tech-free time to recharge and reconnect.

 House Lessons - Oct 29
Wear House shirts or colors! Let's build community and school spirit together.

Students of the Month:

This month, we're celebrating students who show empathy, treat others with respect, and are true friends to everyone around them.

Pre-K: Charleigh Lancaster, Lincoln Whitten, Ripleigh Sykes, Journee Hodges, A'nyla Kelley

K: Kylian Hernandez, Mack Dinwiddie, Lucy Lamar, Collin Tozer, Skylar Magley


1st: Drake Scruggs, Thomas West, Tobias Sugg, Karston Turner, Jaxxon Cross.

2nd: Katelynn Turner, Mia Minton, Logan Albea, Briley Ray Johnson, Myles Spencer, Selena Hipolito

3rd: Cristiano Valdez, Ari Allen, Arian Clark, Alyssa Hernandez


4th: Honestee Fields, Timia Booth, Kyrie Wilson, Aria Sturgeon

REMEMBER!

Small moments = big impact. 

Tide Tools for Home

Build Friendship & Empathy Together

 Try Asking:


- "How did you show kindness today?"
- "What does a good friend do?"
- "What would you do if someone felt left out?"

 Read:

Have You Filled a Bucket Today? - a great book about kindness.

 Explore:

- StopBullying.gov (Parents)
- Kids Health: Friendship & Feelings

 Remember:

Kindness and empathy help kids feel safe and strong.