MEET GRMS SOCIAL WORKER

TANEKA HAMOND

Mrs. Hamond wears many hats but one that she is particularly proud of is being the social worker for GRMS. Mrs. Hamond has been a clinical social worker since 1997 and enjoys working with youth and families. She has been recognized by BCPS for her dedication to students, families and her active role in the community.

Mrs. Hamond’s passion for community service inspired her to develop the Golden Ring Green Thing Team. GRGT focuses on the beautification of the community through gardening and community service. GRGT teaches students the importance of community and mindfulness.

Visit Mrs. Hamond’s office in room S-12 on the second floor to sign up for the Golden Ring Green Thing Team. GRGT will meet on November 11, 2021, for the month of November.
NOVEMBER'S MENTAL HEALTH TIPS

Random Act of Kindness

What a perfect time to show thanks to those around us! Kindness is a simple act that can make a HUGE impact. At GRMS we aim to build respectful relationships and prepare students to be responsible global citizens.

One way we can work on these goals is through the practice of random acts of kindness. For the month of November Mrs. Hamond and Ms. Brighton will discuss the importance of gratitude and demonstrate ways to practice acts of kindness throughout the school building.

Gratitude Journal

Studies have found that giving thanks can help people sleep better, lower stress, and improve interpersonal relationships. A 2018 study found that keeping a gratitude journal decreased materialism and bolstered generosity among adolescents. In another study, high school students who were asked to keep gratitude journals also reported healthier eating. There’s also some evidence that it could lower your risk of heart disease and lower symptoms of depression for some people. Some may find that a daily dose of gratitude in the morning can be transformative. Gratitude gives us hope.

Positive Vibe of The Month

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.” — Zig Ziglar

Challenge: I challenge you to practice mindfulness journaling by writing what you are thankful for before the start of your day. Feel free to stop by Mrs. Hamond’s office to gain some tips or share your experience.
References