

# Hope Academy of NWA

Strive for progress, not perfection

## QUOTES TO REMIND CHILD

“No one is you and that is your superpower.”

“You become what you believe”

## REMINDERS

Drop off: 7:30-8:00AM

Pick Up: 2:50-3:15PM

\*Please keep your child in the car until we come out at 7:30AM for safety- we want to make sure our staff is able to enter the building so they can prepare for the day before we welcome them inside

\*Christmas Break (no school)- December 21-January 4, 2022

\*Monthly, we have a fire drill. Make sure your child knows what the plan is at your house if there is a fire and the importance of sticking together

You do not have to attend every argument you are invited to

**7 Benefits of Crying:** Crying is a universal human experience that is accompanied by strong emotions such as sadness, grief, joy, and fear that can induce tears. Crying can often be stigmatized or repressed, but crying offers many benefits to the mind and body.

**Crying supports healthy nerves:** Human tears contain nerve-growth factor, which is a protein found in the lacrimal gland. Nerve- growth factor, which is crucial for the growth and survival of neurons and the development of neural plasticity, is believed to play a role in enhancing mood during crying.

**Crying has a soothing effect:** Crying may have a direct, self soothing effect on individuals. Crying activates the parasympathetic nervous system and this allows you to down- regulate your mind and body

**Crying creates compassion in others:** The act of crying is more than an individual experience. Crying creates feelings of compassion and empathy from those around you. Crying is an attachment behavior and studies have found that crying rallies support from those around you.

**Crying relieves pain:** Emotional tears release oxytocin and endorphins! These are your feel good chemicals which ease physical and emotional pain and promote a sense of well-being

**Crying keeps your eyes clean:** Tears contain a fluid called lysozyme, which has powerful antimicrobial properties that kill bacteria

**Crying improves vision:** Everytime you blink, basal tears are released and they play a crucial role in keeping your eyes moist and preventing the mucus membranes from drying out

**Crying relieves stress:** When you cry in response to stress, your tears contain a number of stress hormones and other chemicals

(From: somaticexperienceint on Instagram)