

district's calming rooms, at Helen Wilcox Elementary and Palermo Middle School, have yielded comparable results.

By fall, Marsh also will have the Gator Garden. Planned for a grassy triangle near the multipurpose room, the plot will feature planter boxes for produce to be used in cooking classes. Students who prefer physical, tactile experiences outside will—weather-permitting—calm via gardening, supervised by a counselor or trained instructor.

Between the two spaces, and including all forms of trauma and emotional issues, Snyder expects hundreds to benefit.

"We can hopefully intervene with kiddos before they have a total meltdown," she said. "We see a kid's a little agitated, we're trained as a staff to give them an opportunity to calm themselves before anything more serious happens."

The Palermo district draws families with low socioeconomic backgrounds, which studies have linked to adverse health conditions. The connection is adverse child-

#### How to help:

Visit [nvcf.org](http://nvcf.org) for information on the Camp Fire Relief Fund. Contact Jessica Kamph via [mjhs.chicousd.org](mailto:mjhs.chicousd.org) to support the Gator Garden.

hood experiences, or ACEs; Butte County leads the state in exposure to these specific traumas—neglect, violence, sexual abuse—that tend to be more prevalent in lower-income households (see "Lasting effects," Healthlines, Jan. 12, 2017).

That's on top of what fire refugees must process. Twenty-five came to Palermo campuses. The district received \$1,000 for Palermo Middle School's room, \$4,500 to transform a meeting room into a calming room at Golden Hills Elementary, almost \$10,000 for an instructional aide and \$25,000 toward a new counselor.

Walker, who teaches trauma-informed practices through her consulting firm, Over the Rainbow PBI Consult, said the additions are "things I knew worked well, but because we didn't have the funding to get the resources and the manpower, they were hard to make happen. Now we have the funding." □

## WEEKLY DOSE



### Mom power

Mother's Day kicks off during National Women's Health Week—the perfect time to honor the women we love by supporting their wellness through awareness and education. (Surprisingly, the U.S. infant and maternal mortality is among the worst of those in developed nations.) Here are a few tips for keeping happy and healthy, whether you are expecting or not.

1. Schedule an annual visit with your doctor for important screenings, counseling and immunizations.
2. Mammograms matter. One in eight American women will get a breast cancer diagnosis at some point in her lifetime, and most cases are detected by a mammogram before symptoms appear.
3. Practice self-care by eating well, exercising, reducing stress and getting enough sleep.
4. Know your rights. If you work full-time and plan to return to your job after your baby is born, look into your employer's maternity leave policy and the policies of the federal Family and Medical Leave Act.

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