



January 2021 Newsletter

## ADDRESSING ANXIETY IN CHILDREN



As we set resolutions for the new year, it might be beneficial to address the anxiety that seems to permeate so much of our daily encounters. If you are not feeling anxious yourself, you are likely to cross paths with those experiencing anxiety, including your children and other family members. Read more [HERE](#).



I try to get the point across that not everybody thinks the same way. There are obvious benefits to being 'book smart,' but I think common sense and creativity is just as good (maybe even better).

— Dav Pilkey, Author

### JOIN US FOR A VIRTUAL OPEN HOUSE\*

Tuesday, January 19th at 7:00 PM

\*Registration is required. Click link above for details and registration.

## A New Book from the President of the Child Mind Institute

In this new book, *The Scaffold Effect*, learn how to prevent and counteract the anxiety and emotional fragility prevalent in children and teenagers today. Learn more [HERE](#).

## Accepting Application for the 2021 SUMMER PROGRAM

June 21 - July 23, 2021

Click the link above for more information or to apply.

## The Hill School of Wilmington Was The Perfect Fit

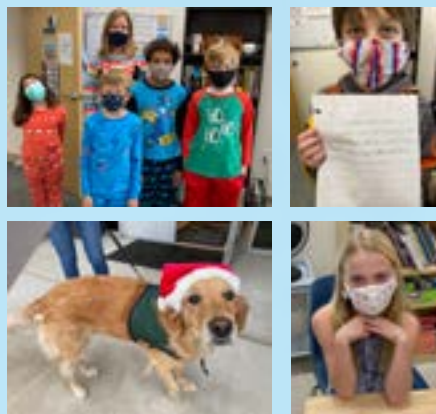
by Gray Lancaster, Hill School Alum

When I was in elementary school, I remember my mom coming to pick me up early from school every day. I was confused and frustrated. I could not comprehend what was in front of me because I could not process what was going on in my head.



Read how The Hill School changed Gray's perspective [HERE](#).

## Pajama Day, Reaching Goals, and DECLAN! December fun!



For more December photos click [HERE](#).

## Resources & Links\*

- [Child Mind Institute](#)
- [National Alliance on Mental Health](#)
- [Learning Disabilities Association of NC](#)
- [Learning Disabilities Online](#)
- [Understood.org](#)

For more resources visit our website at [www.hillschoolofwilmington.org/resources](http://www.hillschoolofwilmington.org/resources)

\*The above resources do not represent an endorsement by The Hill School of Wilmington.

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