Ewing Public Schools
Student Support Approach
BOE Meeting
October 25, 2021

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“Promise me you’ll always remember: you’re braver than you believe, and stronger than you seem, and smarter than you think.”

Christopher Robin from *Winnie the Pooh*
Opening of School SEL Supports
**Opening of School / SEL Approach**

**Elementary Schools**
- Daily *Morning Meeting* activities to promote a classroom community and develop social emotional skills
- Zones of Regulation school wide approach and Counseling lessons

**Middle School**
- Daily *Advisory Team Meetings* in September now weekly social emotional skills lessons
- Continued Responsive Classroom and PBIS lessons during homeroom

**High School**
- Lessons through extended homeroom highlighting resilience and goal-setting for students.
- Counselors and ASSYST presented at each grade-level meeting, following up with grade-level sessions.
SEL Thematic Weeks
Suicide Prevention Week
September 8th – 10th

A week dedicated to spreading awareness of suicide prevention. Together, we can help prevent suicide.
Suicide Prevention Week

Tell them about happy thoughts.
Talk to their parents about what is happening with their child.
Week of Respect
October 4th – 9th

Providing age-appropriate instruction focusing on preventing harassment, intimidation, or bullying.
Students at Fisher Middle School use chalk to express what Respect means to them during Week of Respect.
School Violence Awareness Week
October 18th – 22nd

- Keep all schools safe from violence
- Consider school safety and security plans
- Learn how to recognize students in need of help

Accepting Differences

Mrs. Stewart teaches first graders how to celebrate one another’s differences at Lore Elementary School.
Red Ribbon Week
October 23rd – 31st

- This week is organized by the Red Ribbon Campaign, the oldest and largest drug prevention program in the nation.
- Continues the tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs.

https://www.redribbon.org/faq
All ASYSST activities and events are free of charge and open to all EWING HIGH SCHOOL students (and their families).

Our services include: counseling, college and career planning, learning support, after school activities, and referrals to community agencies as needed.

Please see the array of programs we offer:

https://www.redribbon.org/faq
Mental Health Professionals

- K-12 Counselors
- Psychologists
- Social Workers
- Deans (selected sessions)
Counseling Groups

- Student Success – Grades 8, 9, 10
- Art Therapy Group – Grades 6, 7, 8
- Child of Addicts (COA) Group – Grades 6, 7, 8
- Anger Management 6, 7, 8
- Getting Ready for High School Grade 8
- Restorative Circles – Grades 4, 5, 6
- Friendship Group K-5
- Mindfulness Group, K-5
- Senior Groups – Grade 12
Counseling Newsletters for Parents & Students

COUNSELING NEWS
Ewing High School

Welcome Back, Students!
STAYING STRONG. MOVING FORWARD

IMPORTANT DATES
Counseling Department Events

COLLEGE & CAREER NIGHT
Join us on Tuesday, September 14th for an evening of career exploration and college information.

9TH & 10TH GRADE PARENT NIGHT
Join us on Tuesday, September 7th for additional information about your child's high school experience and preparing for their future.

FINANCIAL AID NIGHT
Join us on Monday, October 11th from 6:30 to 8:00 PM in the cafeteria. You will receive information about the financial aid process.

Upcoming Assessments

ACCUPLACER: WEDNESDAY, SEPT. 15TH

START STRONG: SEPT. 22ND-30TH

PSAT: WEDNESDAY, OCTOBER 13TH

SOMEBODY DREAM OF SUCCESS, WHILE OTHERS GET UP EVERY MORNING AND MAKE IT HAPPEN.

COUNSELING NEWS
Ewing High School

OCTOBER 2021

IN THIS ISSUE
Senior Meetings
Week of Respect
School Violence Awareness Week
Red Ribbon Week
Financial Aid Night
Vo-Tech Presentation
Naviance Night
College Visits
PSAT Exam

IMPORTANT INFORMATION

The college application process is currently underway. If you have any questions regarding:
- the college application process
- test-optional schools
- letters of recommendation
- your class standing

Then please contact your counselor! You can reach out to them through Google Classroom, email, or call the main office at ext. 2111.

SENIOR MEETINGS
All senior students are required to have a meeting with their school counselor to discuss their plans following high school graduation. Information about that will come out within the following week.

Last Lap
Self-Care

Take a minute to think about your answer to the following questions.

If you find yourself unable to answer multiple questions, it may be time to talk with a trusted confidant about your mental health.

If you find yourself struggling or just want to talk about your feelings about the last year and a half, or what may be a struggle right now, your School Counselor is available to help. Visit the Counseling Office to make an appointment.
Self Care Questions

- How am I feeling physically?
- How am I feeling mentally?
- When was the last time that I ate a full, healthy meal?
- When did I last go outside?
- When did I last attend to my personal hygiene?
- When was the last time I got a full nights sleep?

- What can I celebrate today?
- What can I do that will bring me joy?
- When did I last talk to someone about my feelings?
- When was the last time that I did something kind for someone else?
- What is taking up most of my headspace?
System Support of Students and Families
Intervention & Referral Services (I&RS)

WHAT IS I&RS?

• It is designed to support educators with assisting students in the general education environment experiencing learning, behavior, or health difficulties with the goal of student improvement.

• The I&RS team consists of selected school representatives with varying expertise. The team utilizes a problem-solving approach to address student and staff needs and recommends a variety of resources to address those needs in a coordinated manner.
Resources for Families

**Emergency Screening**
- Capital Health Hospital
- Mobile Response

**Recovery**
- **AA Meetings** (Alcoholics Anonymous)
  The College of New Jersey
  Saturdays 7:00 pm Trenton Hall 106
  - **NA Meetings** (Narcotics Anonymous)
    The College of New Jersey
    Fridays 6:30-7:00 pm Trenton Hall 106
  - **Alateen Meetings** (Teen who knows someone with addiction)
    St. Gregory the Great Academy
    4680 Nottingham Way
    Hamilton Square, NJ 08690
    Sundays 7:30-8:30 pm

**Depression/Suicide**
- 2nd Floor Youth Helpline
  Call/text: 888-222-2228

**National Suicide Prevention Lifeline**
- Call: 1-800-273-8255

**Crisis Text Line**
- Text: type CONNECT to 741741

**Domestic Violence**
- 2nd Floor Youth Helpline
  Call/text: 888-222-2228
LGBTQ
HiTops
Address: 21 Wiggins St., Princeton, NJ 08540
Phone: 609-683-5155
Email: info@hitops.org
NJ 211: NJ 211 is a free, confidential information and referral service that connects families and individuals in need of help to community resources.
Website- www.NJ211.org
Phone- 211
*CALL 211, provide a description of your needs, worker will connect you with resources*

Perform Care: PerformCare partners with the New Jersey Children's System of Care (CSOC) to coordinate the care of your child. We are committed to helping children with behavioral, mental health, or emotional challenges gain access to the services they need.
Phone- 1-877-652-7627
Website- http://performcarenj.org/index.aspx

Lifeback offers individualized services for mental health / addiction services provision, combining holistic, systemic, medical and psychodynamic perspectives and approaches to our clients; providing a comprehensive evaluation and treatment experience.
Phone- 609-482-3701
Website- https://www.lifebacknj.com/
Thank you!