

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

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Dr. Jennifer Antoni



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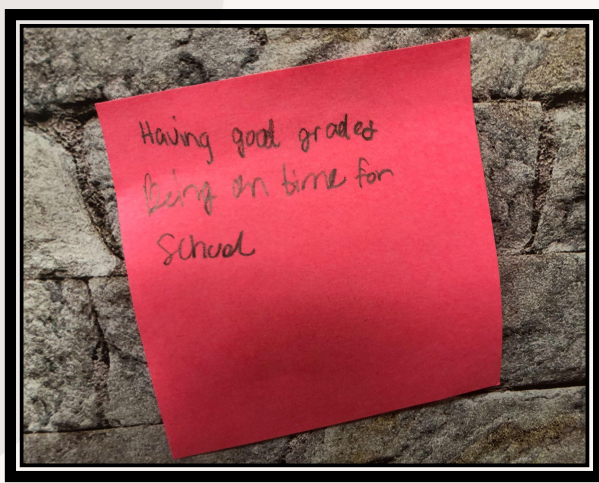
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“Promise me you’ll always remember:
you’re braver than you believe, and
stronger than you seem, and smarter than
you think.”

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.

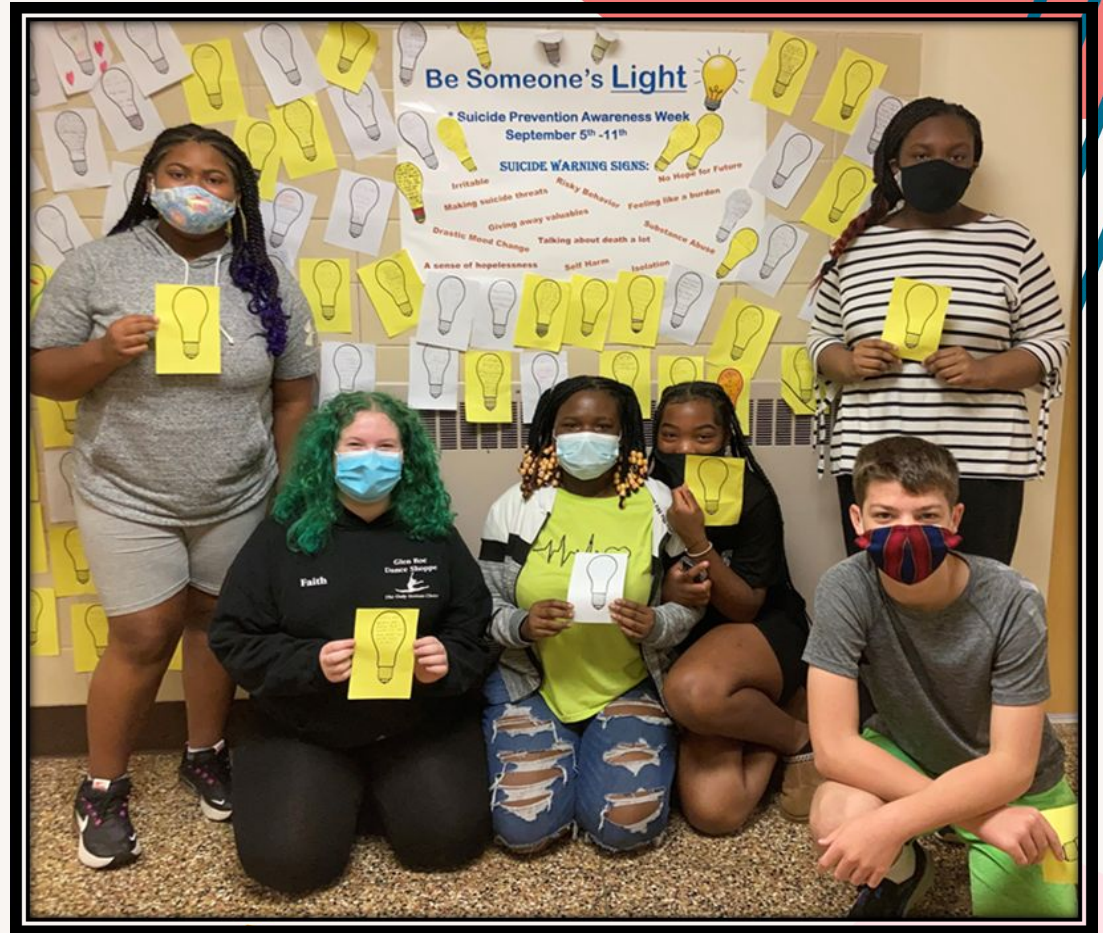
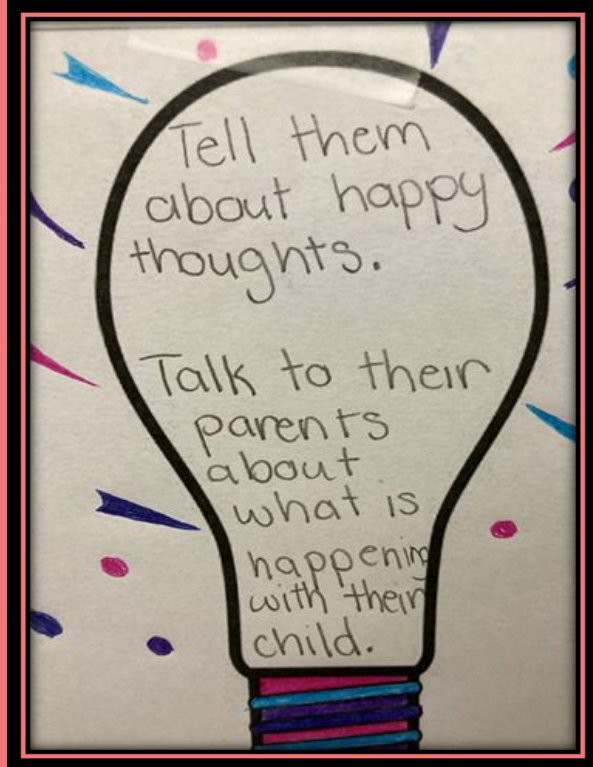
SEL Thematic Weeks

Suicide Prevention Week September 8th – 10th

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



Suicide Prevention Week



Week of Respect

October 4th – 9th

Providing age-appropriate instruction focusing on preventing harassment, intimidation, or bullying.



WEEK
OF
RESPECT



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

<https://www.schoolsecurity.org/trends/warning-signs-of-youth-violence/>



Accepting Differences

Mrs. Stewart teaches first graders how to celebrate one another's differences at Lore Elementary School.



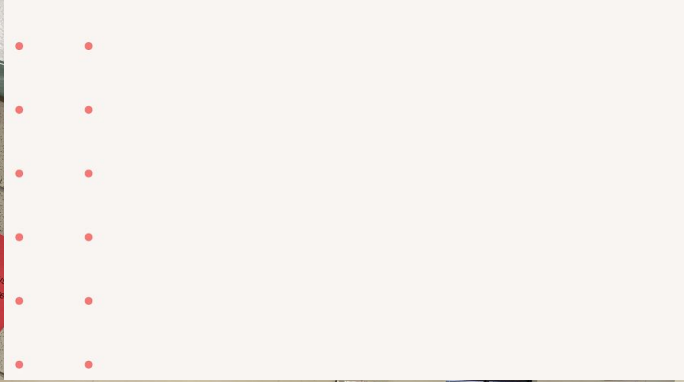
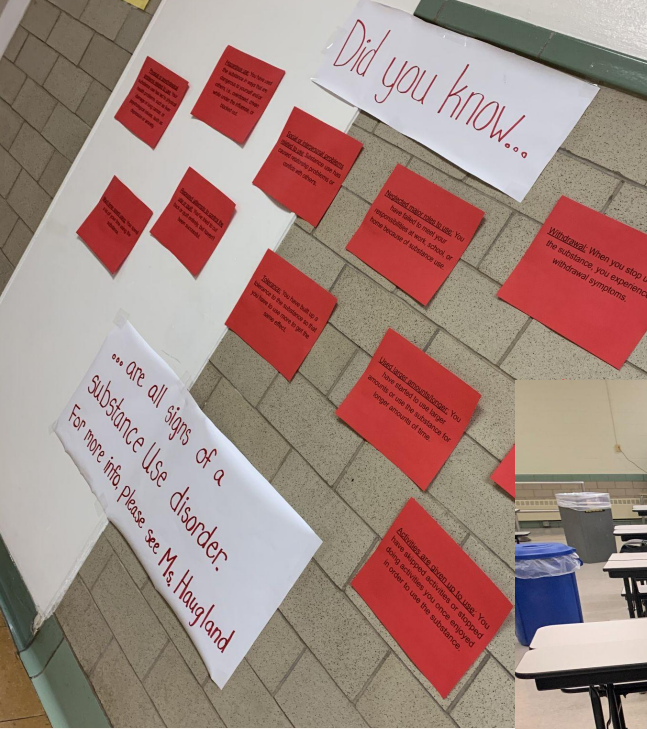
Red Ribbon Week

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>



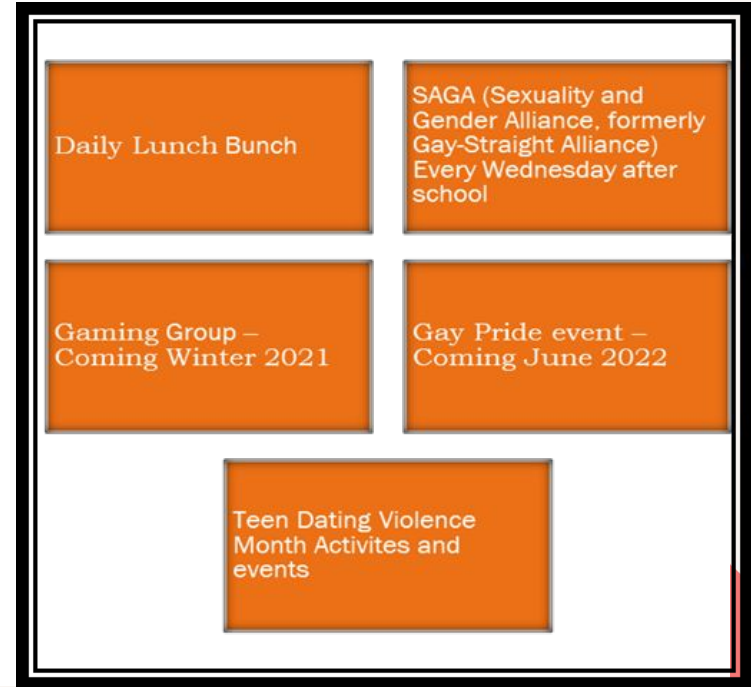


ASYSST Program (EHS)

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:



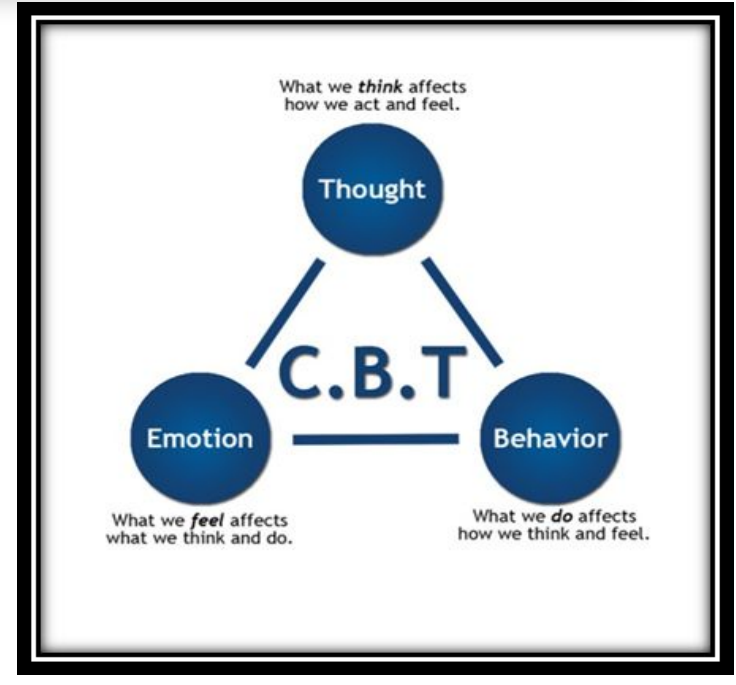
<https://www.redribbon.org/faq>

Mental Health Professionals



The Penn Collaborative
for CBT and Implementation Science

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





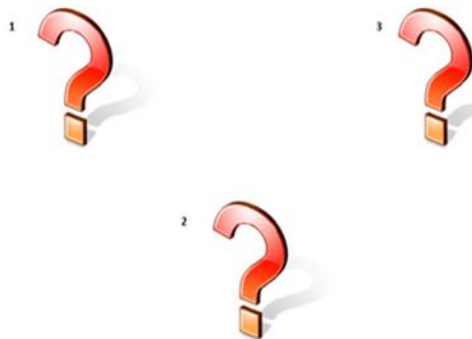
Thinking Clearly

Getting Started



Situation: _____

Thoughts: _____



CBT Resources



Thinking Clearly

Step 3



Situation: _____

Thoughts: _____

1 Cloudy Thought:



Behavior:

Feeling:

New Thought:



Feeling:

Behavior:

Check that hot thought with a few of these questions:

- What are my clues that the thought is true? Not true?
- How can I argue against the thought?
- Is this true for everyone in my situation?
- Are there other ways to look at this situation?
- Does this thought make it easier for me to reach my goals? Harder?
- What are the pros and cons of having this thought?
- What would I tell a friend in the same situation?
- If the thought is true, then what?

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
September 2021

Welcome Back, Students!
STAYING STRONG - MOVING FORWARD

IMPORTANT DATES

Counseling Department Events
Please note, all presentations will be held virtually, link will be posted on the Counseling Department website ahead of the event

| | | |
|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| COLLEGE & CAREER NIGHT Join us on Tuesday, September 14th for an evening of career exploration and college preparation. | 9TH & 10TH GRADE PARENT NIGHT Join us on Tuesday, September 21st for valuable information about your child's high school experience and preparing for their future. | FINANCIAL AID NIGHT Join us on Monday, October 11th for a Financial Aid session led by TCNJ's Executive Director of Financial Aid, Wil Casalone. |
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Upcoming Assessments

ACCUPLACER: WEDNESDAY, SEPT. 15TH
Administered to Senior students who have not yet met their testing requirements for graduation.

START STRONG: SEPT. 22ND-30TH
Administered to all students.

PSAT : WEDNESDAY, OCTOBER 13TH
Administered to all Sophomore and Junior students.

Some people dream of success, while other people 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
- ASYSST

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.



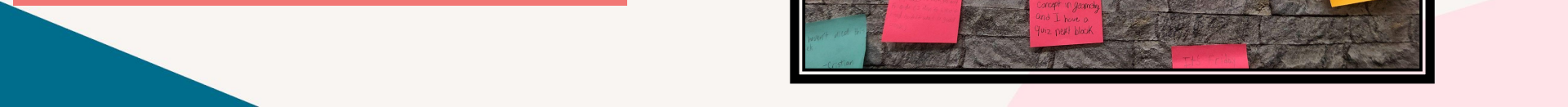
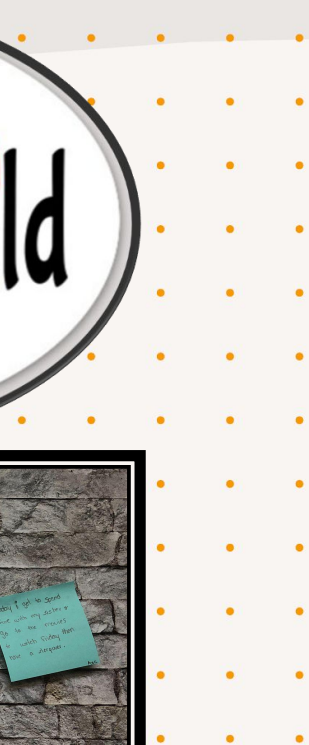
If you find yourself struggling or just want to talk about your feelings about the last year and a half, or what may be a struggle right now, your **School Counselor is available to help. Visit the Counseling Office to make an appointment.**

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?

A series of parallel red diagonal lines slanting upwards from left to right, spanning the width of the page.



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

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

Counseling Resources

Center for Counseling Services

George Scott

Fee for Service - sliding scale option

609-771-0444

850 Bear Tavern Rd, Trenton, NJ

Millhill

Medicaid

609-989-7333

101 Oakland St, Trenton, NJ

Restoring Spirit

Emily Anne Mattek

Out of network, fee for service - some sliding scale spots

609-468-6676

Pennington, NJ

TCNJ Counseling Clinic: *The College of New Jersey offers a counseling clinic for community members to address a variety of mental health and behavior challenges. Couples, family and individual counseling is available for a short or long term basis.*

Phone- 609-771-2700

Website- <https://clinic.tcnj.edu/>

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: *Lifeback provides Central New Jersey with compassionate, individualized adult and adolescent, mental health and substance abuse evaluations and treatment.*

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!

Questions

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Answers

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