

March 1, 2022

# Student Services Newsletter

Welcome to the Monthly Susquehanna Township School District Student Services Newsletter! The purpose of this letter is to support our families by providing them information about training opportunities for parents as well as exciting new information about our classrooms.

## Cooperative Education/Transition

By Joan Tracy, STHS

Cooperative Education is a course/ program that allows a student to take their classroom knowledge and apply it to an onsite job. This typically occurs during a senior year, or in some cases a junior year. Students look to work in areas that consider their aptitude, interest, and post-secondary goal area

- 9<sup>th</sup> Grade:
  - o Career exploration
  - o Job Shadowing
  - o Employer Visits-Speakers
  - o Functional Assessments
  - o Join H.S Clubs and Activities
  - o PETS/OVR
- 10<sup>th</sup> Grade:
  - o Begin to develop a resume
  - o Attend Career Fairs/ Virtual
  - o Develop Self Advocacy Skills and Self Determination
  - o Begin practicing interviewing techniques
  - o Elevator Speech
- 11<sup>th</sup> Grade:
  - o Continue agency connection
  - o Begin to narrow down if student will have competitive or supported employment.
  - o Discuss independent living plans
  - o Begin to define which post-secondary training field, community college, or four-year college
- 12<sup>th</sup> Grade:
  - o Finalize transcript needs with school counselor
  - o Meet with college advisor as directed
  - o Develop Pre-Apprenticeship or Internship certificate program

## Pour Paint

By Caitlin Uffelman, STMS

For a fun extension day activity, Mrs. Burgess volunteered to come in and teach our Autism Support classroom how to pour paint records and canvas. The students mixed the paint colors in squirt bottles by shaking them. They then each got a small paper cup and layered different colors of paint in the cup until it was full. To transfer the paint to the canvas or record the students held the cup flat to the surface and flipped it over. Once flipped over, the students lifted the cups which pours the paint. They then learned different techniques to spread the paint. For some we tilted the canvas or records and let the paint run to coat it, while others we used a spatula to spread the paint around the canvas or record. You could also use a straw to blow the paint around on the surface and create different patterns. The class had so much fun and wants to thank **Mrs. Burgess** for her time and materials!



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**Effective School Solutions Announces the 3rd Annual Madison Holleran Mental Health Action Scholarship Program Scholarships for High School Seniors focused on Mental Health Programming**

NEW PROVIDENCE, N.J., January 6, 2022 (Newswire.com) - Today, Effective School Solutions (ESS), a leading provider of embedded whole school mental health services, and the Madison Holleran Foundation announced the 3rd Annual Madison Holleran Mental Health Action Scholarship. Madison Holleran was a 2013 graduate of Northern Highlands Regional High School in Allendale, NJ, where she excelled in academics as well as being a stellar athlete. She went on to attend the University of Pennsylvania and was a member of the track team. Tragically, Madison took her own life during the spring semester of her freshman year. ESS and the Madison Holleran Foundation have named this scholarship in Madison's memory to not only drive awareness about suicide prevention, but also to hear from high school students about innovative approaches they believe their schools can take to help young adults navigate through the mental health challenges they are facing.

The COVID-19 pandemic severely impacted student mental health, but it also reduced the stigma of discussing mental health and highlighted the importance of mental health programs. Now is the time for action. Therefore, this year, scholarships will be awarded to four high school seniors who implemented a mental health program in their school. The four finalists will be awarded a \$2,000 scholarship. To be considered for the scholarship, students must submit an application and a 1,500- word essay describing their program. Applications and essays (in PDF format only) can be submitted to [madisonhollerscholarship@effectiveschoolsolutions.com](mailto:madisonhollerscholarship@effectiveschoolsolutions.com). Scholarship awards will be made based on program innovation and the opportunity for their program to be expanded to schools across the country.

"We're proud to announce this scholarship, which reflects the importance of providing mental health supports to our youth," said Duncan Young, CEO of Effective School Solutions. "We're hoping that the competition for these scholarships will be an opportunity to amplify the voices of ideas of young people when it comes to mental health support." The contest will run from Jan. 10, 2022, through April 1, 2022. The award winner will be announced no later than May 16, 2022.

Carli Bushoven, Executive Director of the Madison Holleran Foundation stated, "The Madison Holleran Foundation is honored to partner with Effective School Solutions for the third year and to sponsor these scholarships. Since the Foundation's inception, our focus has been on suicide prevention and ending the stigma associated with mental illness. Our hope with these scholarships is to bring mental health and wellness to the forefront of high school and college campuses and encourage today's students to make strides in their community with regards to mental health."

Please contact your school counselor for the application and rules.

**Internet Safety 101**

- Keep lines of communication open
- Create a list of Internet rules with your kids
- Set parental controls at the age-appropriate levels and use filtering and monitoring tools as a complement--not a replacement--for parental supervision.
- Supervise all Internet-enabled devices and keep computers in a public area of the home.
- Talk to your kids about healthy sexuality in the event they encounter sexually explicit online pornography at home, school, a friend's house, the library or their mobile device.
- Encourage your kids to come to you if they encounter anything online that makes them feel uncomfortable or threatened. (Stay calm and don't blame your child; otherwise, they won't turn to you in the future for help when they need it.)
- Teach them not to interact with people they don't know offline, because an online predator or cyberbully can disguise him/herself.
- Check the history file on your computer to see which sites your child has accessed.
- Teach your child the golden rule: do unto others as they would have done unto themselves.  
<https://internetsafety101.org/agebasedguidelines>

**Contact Information:**

**Carrie Martin-**  
Director of Special Education and Student Services

**Bethany Peters-**  
Assistant Director of Special Education and Student Services

**Randi Olley-** Student Services Coordinator