



Educational Affairs Committee Meeting  
Tuesday, January 17, 2023  
7 p.m.

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## Mission Statement

Drawing on its cultural richness, creativity, and tradition of scholastic excellence, the Cheltenham School District strives to nurture each child through a wealth of academic endeavors and community partnerships that provide the skills and vision needed to lead a productive and meaningful life beyond our classroom walls.

## Vision Statement

With a clear connection between the classroom and the world, the Cheltenham School District will strive for excellence by:

1. inspiring our students to develop principled and knowledgeable responses to the local, national, and global challenges of the 21st century;
2. actively engaging parents in their children's intellectual, social, and moral education;
3. encouraging faculty and staff to continually broaden the web of connections between their academic disciplines and the world on which they depend;
4. stimulating dynamic leadership of building and district administrators; and
5. creating partnerships with community individuals, institutions, organizations, and businesses that model real-world connections for all students.

# Social Emotional Supports Health and Wellness

## Wellness Committee Meeting

Meeting held May 19, 2022

### Committee Members:

Jessica Keene, CSD

Megan Carrier, Dietician Jefferson Hospital

Stephanie Irani, CBK school nurse

Lauren Cain Baxter, Community Member

Joshua Grady, CHS student

### Agenda:

- Food Service bid reviewed
- PDE Wellness Assessment reviewed
- In school mental health services
- Healthy Nutrition Flyer

## Healthy Nutrition for Your Sports Needs

Tips for maximizing your athletic performances through healthy foods and hydration.



### Consume Healthy Meals

Stick with well-balanced meals including a protein (meat, eggs, fish, nuts, beans, seeds), vegetables, and a complex carbohydrate (sweet potatoes, brown rice, quinoa, and whole grain products).

### Drink Mostly Water for Hydration

Water is the most important hydration product to keep the body moving well. Avoid sugary sports and energy drinks, because they can negatively affect your performance.



### Choose Smart Snacks

Stick with snacks that make your body move better (fruits, nuts, peanut butter, trail mix without candy, boiled eggs, cheese sticks, yogurt). Avoid protein bars, as many have hidden sugar and less healthy sources of protein.

### Avoid pre and post-workout products

Most pre and post workout drinks and supplements have added ingredients that are unhealthy for you. Your best choice is to stick with balanced meals, healthy snacks, and water for your best sports performance.



## Health Update:

- New Partnership with the Black Doctors Consortium
  - Partnership started during the 2021/2022 School year
- Students offered option to get a physical at school 2x per year
- Standing order update:
  - Students in grades 7 through 12 are able to receive pain medicine with parent permission due to our district having a standing prescription order from the Black Doctors Consortium

## Social Emotional Curriculum

### Second Step:

Second Step is a universal, classroom-based, social-emotional learning curriculum for Kindergarten–Grade 8 that nurtures children’s social-emotional competence and foundational learning skills.

The middle school program includes web-based, teacher-facilitated lessons and advisory activities, along with program training and resources to help middle schoolers build social-emotional skills for life.

### Too Good For Drugs (TGFD):

TGFD is a classroom based curriculum designed to help students develop the skills needed to make healthy choices and achieve success. The goal of Too Good is to build children’s social-emotional skills and empower them to be strong learners, make healthy choices, and be more resistant to peer pressure and peer influence. Children who learn and use the skills taught in this program are more likely to have a positive attitude, make good decisions, get along with their peers, and do better in school.

## Mentoring Groups

### Make the Distinction

Make the Distinction offers programs that prepare black girls between the ages of 13 to 18 for the adult world. The program aims to foster confidence and self esteem in young ladies. The mentors provide life skills to address the stigmas and challenge of being a black woman.

### Girls Achieve Program

The Girls Achieve program provides an innovative, flexible series of life-skills and experiential workshops, cultural enrichment, education enhancement, and motivation through mentoring.

### Baseline Hoops

Baseline Hoops “ One Brick A Day” Mentoring Program was created with the vision to assist and help young people develop their potential in becoming STUDENT athletes and positive leaders in their community. Giving each participant an opportunity for their voices to be heard and to share their thoughts, while increasing their critical thinking skills. Each STUDENT athlete will be equipped with necessary fundamentals that will allow them to leverage their academic skills and athletic abilities to assist them along their journey of becoming positive leaders.

## Social Emotional and Mental Health Support

Cheltenham High School	
Mental Health and Wellness Counselor	30 students on caseload
Student Adolescent Mood Project	20 students referred
Make the Distinction Program	12 students referred
Baseline Hoops Mentoring Program	10 students referred
Healthy Relationships Program	Fall and Winter Sports Teams
Safe Harbor Grief Group	5 students referred



## Social Emotional and Mental Health Support

Cedarbrook Middle School	
Mental Health and Wellness Counselor	25 students on caseload
Make the Distinction Program	35 students referred
Girls Achieve Mentoring Group	14 students referred
Baseline Hoops Mentoring Program	38 students referred
Beacon Leadership Program	35 students referred

## Social Emotional and Mental Health Support

Elkins Park School	
Student Assistance Program Liaison	16 students referred
Second Step access	Counselors/ ES teachers
Too Good for Drugs	5th grade classrooms
Safe Harbor Group	17 students referred

## Social Emotional and Mental Health Support

K-4 Buildings
Student Assistance Program Liaison
Child and Family Focus
Second Step access
Too Good for Drugs
Safe Touches Program

### Social Emotional and Mental Health Supports

	Child and Family Focus	Student Assistant Program (SAP) Liaison
Cheltenham Elementary	6 students referral	16 students referral
Glenside Elementary	1 student referred	23 students referred
Myers Elementary	6 student referrals	6 student referrals
Wyncote Elementary	15 student referrals	8 student referrals

## Counseling Services

School	Number of Counselors	Social Emotional/Mental Health Counselor
Cheltenham Elementary	1	2 (Lakeside; Student Assistance Program Liaison)
Glenside Elementary	1	2 (Lakeside; Student Assistance Program Liaison)
Myers Elementary	1	2 (Lakeside; Student Assistance Program Liaison)
Wyncote Elementary	1	2 (Lakeside; Student Assistance Program Liaison)

## Counseling Services

School	Number of Counselors	Social Emotional/Mental Health Counselor
Elkins Park School	2	2 (Lakeside; Student Assistance Program Liaison)
Cedarbrook Middle School	2	2 (Lakeside; Mental Health and Wellness counselor)
Cheltenham High School	6	2 (Lakeside; Mental Health and Wellness counselor)

## Social Work Services:

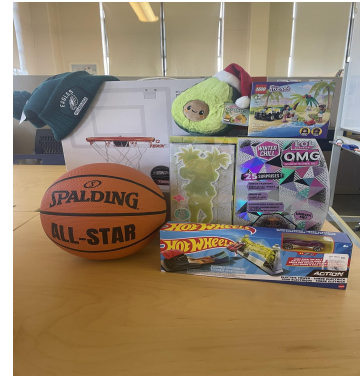
Thanksgiving Baskets: 75 families served

- Glenside Rotary Club

Holiday Gifts: 68 families served

- Rotary Club
- Calvary Presbyterian
- Keneseth Israel Synagogue

Refugee Support: 35 new students







# Cheltenham Cultural Proficiency and Equity Student Ambassadors (CPESA) Program Presentation



**Tuesday, January 17, 2023**

# The vision of CPESA

Expose students to *cultural proficiency* principles, skills sets, and beliefs that will equip them to effectively navigate, respond to and be supportive of people in cross cultural settings.

Incorporate *social justice* components in order for students to have a greater understanding that everyone deserves equal economic, political and social rights opportunities.

Ultimately we want to inspire students to embrace the spirit of advocacy.



# Background

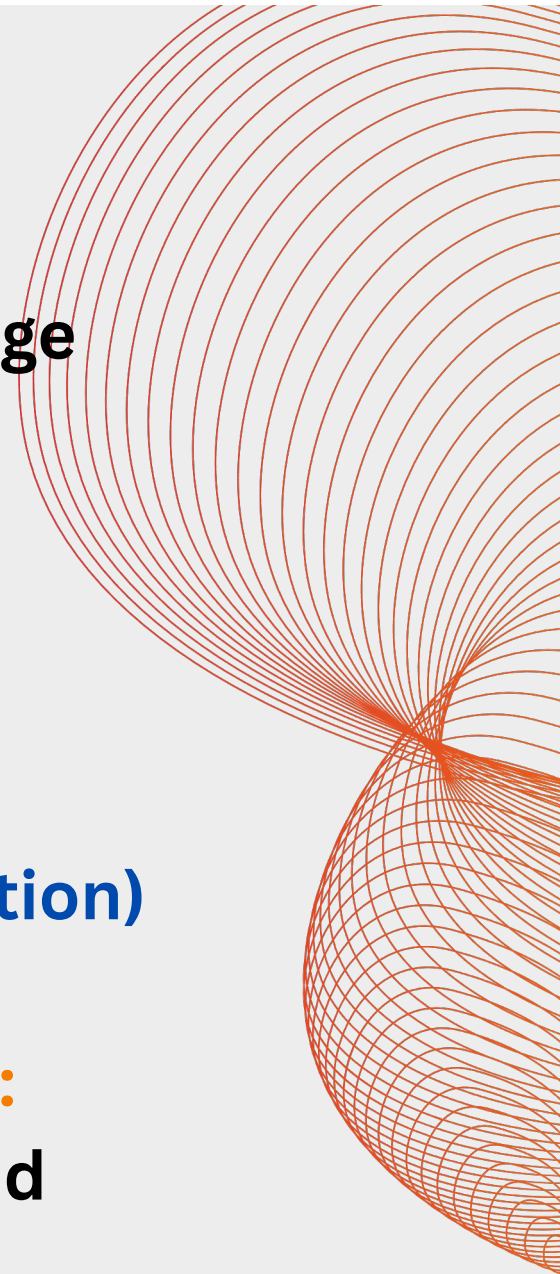
From 2019 to the present, we have had a range  
of **18-24 Cheltenham Student Ambassadors**

**2019, we started with four school districts:**  
Cheltenham, Upper Dublin, North Penn and  
Norristown.

**(2019-2020: 50 to 70 total student participation)**

**In 2021, we added four more school districts:**  
Abington, Hatboro Horsham, Upper Moreland  
, and Lower Moreland.

**(2021-2022 80 to 100 total student participation)**



# The "BIG" Picture



**Cheltenham is the leading school district leading students in educational equity across the county.**

**Cheltenham Student Ambassadors have been afforded opportunities that no other students across the county have been able to achieve.**

- **Town Halls with School Board Directors (2019,2020)**
- **Tangible Assessments of the UPenn GSE Catalyst program, *Psychological Sense of School Membership (PSSM) Belonging Survey*(2019, 2021, 2022)**
- **8th Grade presentation about the high school AP & Honors program (2022)**
- **Town Hall with students & teachers (2022)**
- **UPenn Belonging Community Partner Meeting (2022)**

# The continued "WHY"

PAST

PRESENT

FUTURE

- The **past** has taught us that we need to provide more integrated approaches to glean a better understanding of a student's sense of belonging.
- The **present** has taught me that our Student Ambassadors need to be continually edified in order to become more positive influences for their peers within their school environment.
- The **future** will require a collective and holistic approach to include all school community stakeholders.

# Themes for CPESA 2022-2023



**Improvement Science:**  
**BELONGING SURVEY**

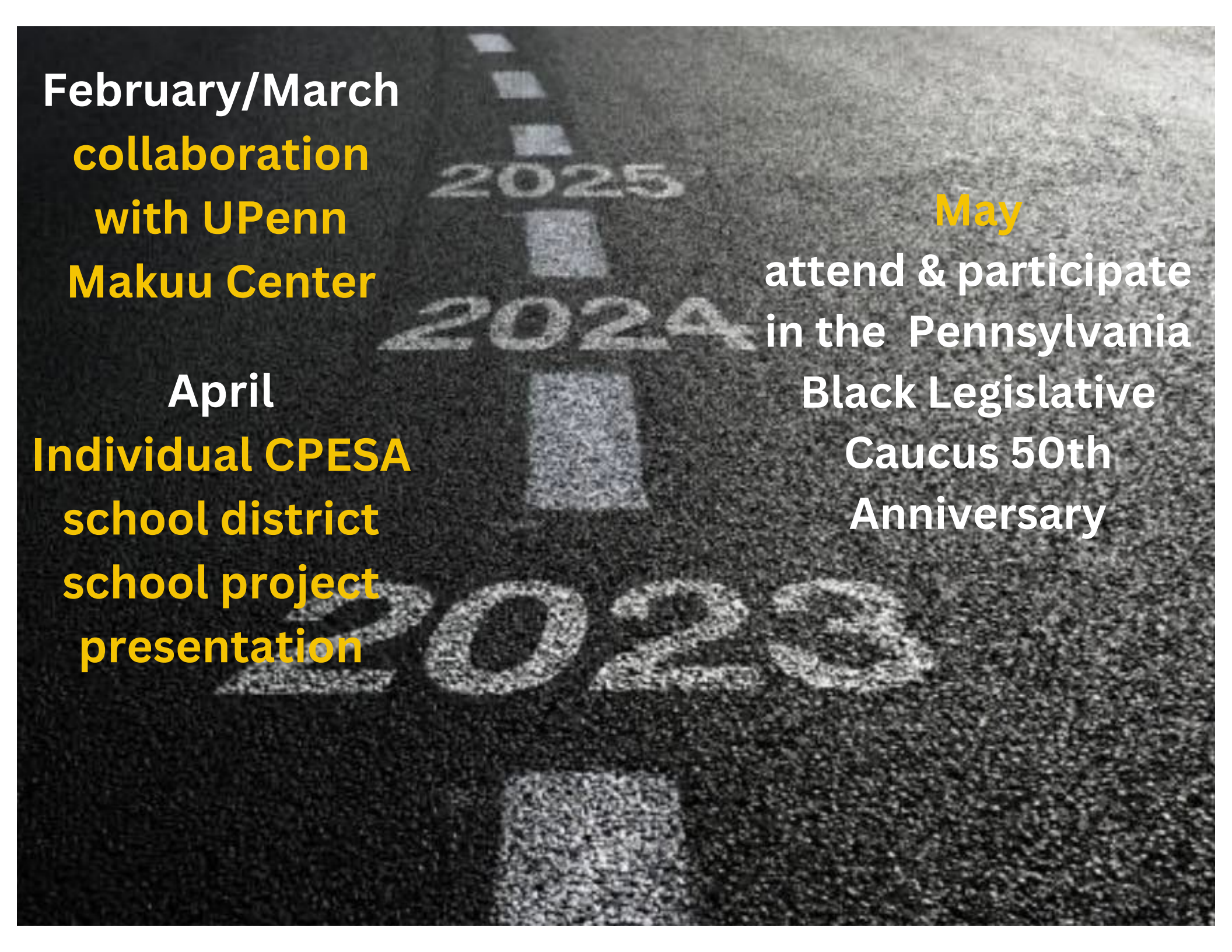


**Collective Intelligence:**  
**PSi (People Supported  
Intelligence) Platform**



**Racial Literacy:**  
**Dialogue Circles**





**February/March**  
**collaboration**  
**with UPenn**  
**Makuu Center**

**April**  
**Individual CPESA**  
**school district**  
**school project**  
**presentation**

**May**  
attend & participate  
in the Pennsylvania  
Black Legislative  
Caucus 50th  
Anniversary