



East Brunswick Public Schools

Excellence in Academics, Athletics and the Arts

## Health and Physical Education

# Health and Physical Education Updates

## Movement Mindfulness and Stress Management (MMSM)

- Co-taught by Lynne Elyson and Lauren Kras at CJHS
- Offered as an elective for 7<sup>th</sup> grade originally and this year 8-9<sup>th</sup> grade sections were added.

## Adaptive PE training

- Lauren Tyndorf presented to K-6 staff on our Sept 5<sup>th</sup> PD on Adaptive PE.

## AIM4PE

- Purchased with Title funds to enhance cross curricular instruction.
- K-6 students will participate in this activity.

# Movement Mindfulness Stress Management

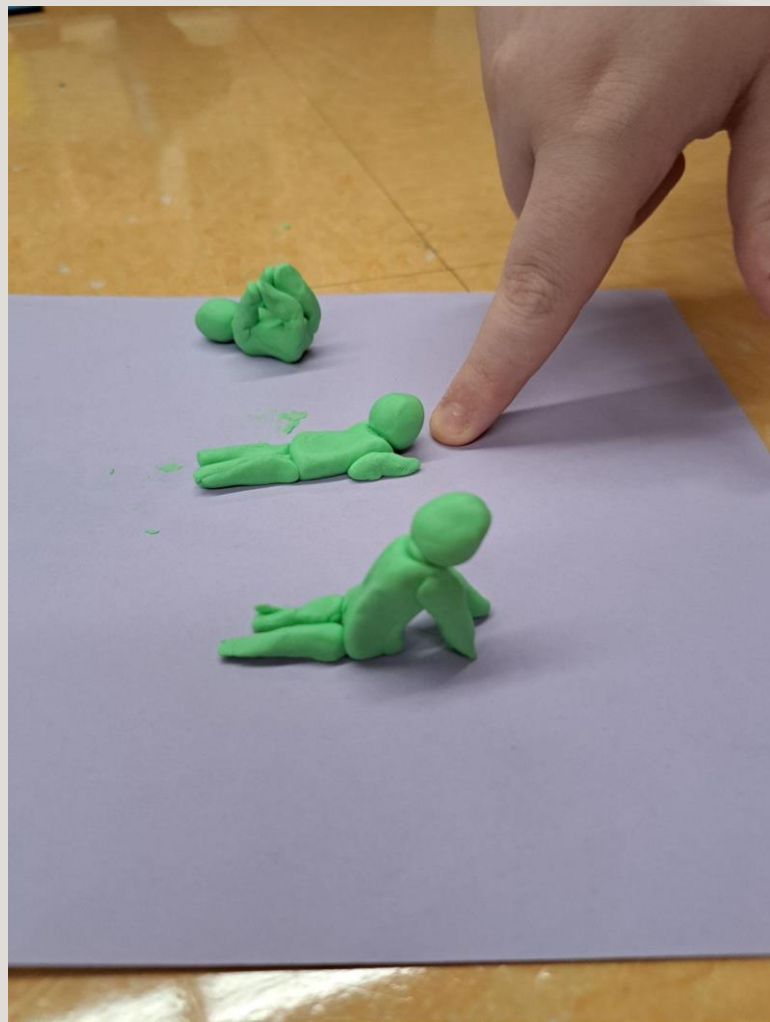
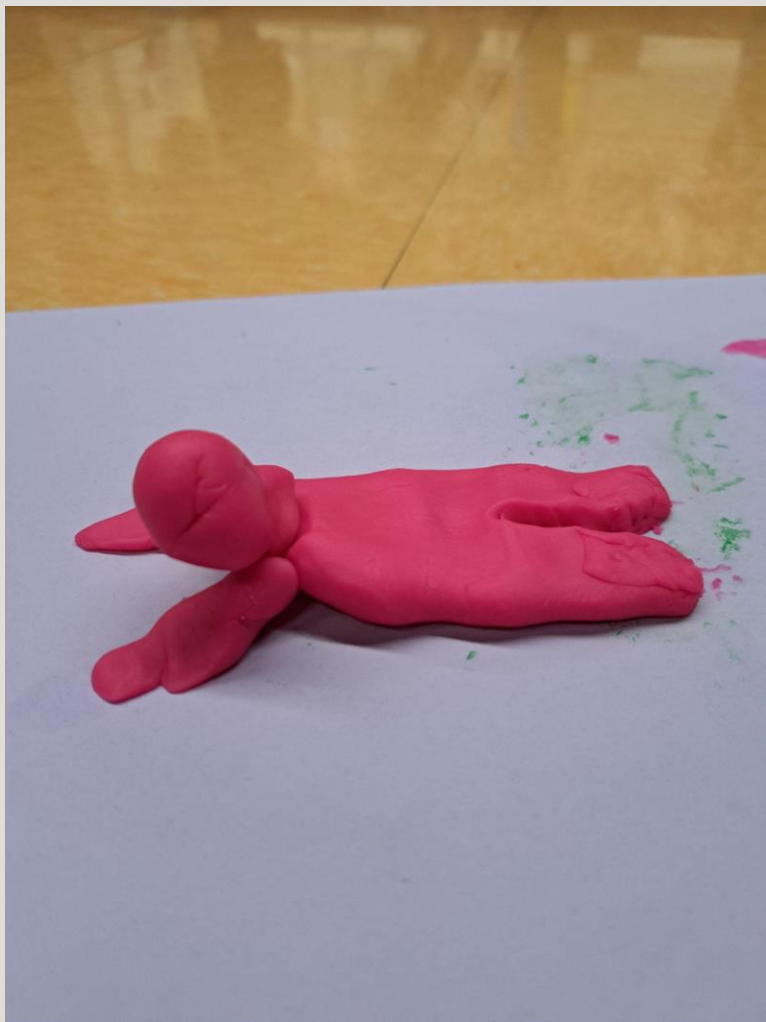
This elective was created for 7th grade students as a means to explore self awareness through practices that focus on mindfulness, movement, and stress-management.

Students will learn how to use breathing exercises, various forms of movement, journaling, visualization and other actions to enhance the mind/body connection and release anxiety, stress and trauma. Students will have the opportunity to engage socially through fun and creative outlets such as coloring and drawing, board games, puzzles, and group projects and discussions. This class concludes with a group project that allows for students to create and share their own routines inspired by the techniques learned throughout the semester.

















# Adaptive PE workshop with Lauren Tyndorf



- Defined Adaptive Physical Education and Inclusive Physical Education
- Perspective of students with disabilities
- Equipment and Modifications
- Group work activity





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## Athletics

Frank Malta

Visit the East Brunswick Public Schools [Athletics Website](#)





# ATHLETIC NEWS

**Digital Physical/Repeater Form Process-New and easier to complete.**

Great Communication with emails and phone reminders.

Goal is to get all our students cleared by deadlines for fall, winter and spring.

**Sportsmanship Summit--Held for the Fall athletes at Woodbridge Recreation Center on October 12, 2023.**

Winter Summit will be December 7.

Spring Summit will be March 21.

KeyNote Speaker/Break out groups with each sport.



# ATHLETIC NEWS

- **Sportsmanship at our home events. Stressed at the NJSIAA and GMC levels.**

Pre Season Coaches Meeting-Expectations from our leaders.

Pre Season Athletes Meeting-Expectations from our athletes.

Discussions/Expectations/Culture/Be the model/Make a Difference.

- **Fall Athletics**

Girls Tennis, Field Hockey, Sasha Marcincyk Gymnastics All Around-GMC Champions.

Girls Soccer and Field Hockey-Red Division Champions.

















East Brunswick **SEPAG**  
Special Education Parent Advisory Group

# SEPAG Meetings 2023-24

Thu, Dec 14, 7 pm

Wed, Jan 10, 10 am\*

Wed, Feb 7, 7 pm

Thu, Mar 7, 7 pm

Thu, Apr 11, 9:30 am\*

Thu, May 9, 7 pm

Wed, Jun 12, 7 pm

\*with administration



# SEPAG @EB Day 10-1-2023





# SEPAG Mandate for New Jersey

New Jersey administrative code (N.J.A.C. 6A:14-1.2h) requires each of the state's 613 local school districts to **“ensure that a special education parent advisory group is in place in the district to provide input to the district on issues concerning students with disabilities.”**

NJ SPAN Parent Advocacy Network [spanadvocacy.org](https://spanadvocacy.org)

# Summer College Visits

EBHS Counseling  
Department



# Summer College Visits

Lehigh University  
Monmouth University  
Muhlenberg College  
University of Delaware  
The College of New Jersey  
Rutgers University  
Montclair University  
Princeton University  
Kean University  
Rowan University



# A Typical Visit Included...

01

General Information  
Session

02

Tour of the  
Campus

03

Q&A with an  
Admissions  
Representative





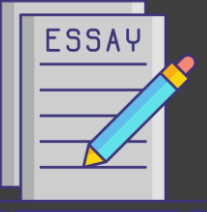
# Biggest Takeaways



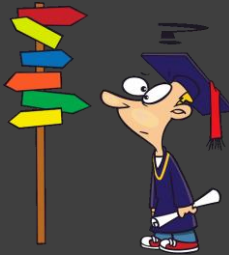
Transcript Evaluation



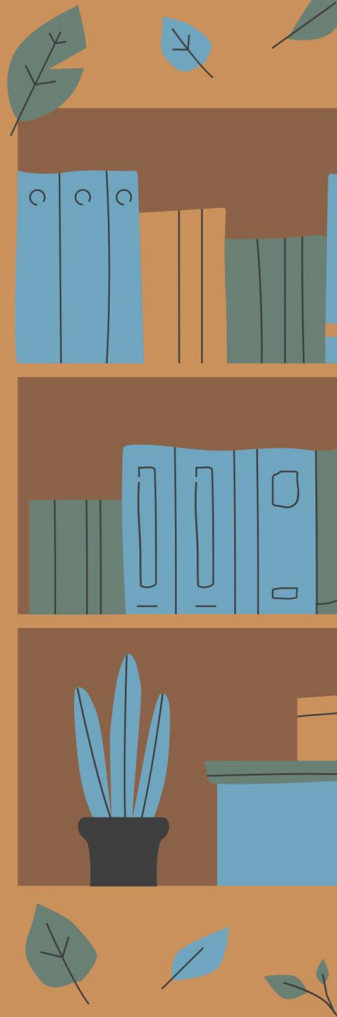
How to Stand Out



Essay Impact



Specific Programs



# Biggest Takeaways



Admissions  
Representatives



“Why this College”  
Question



SAT/ACT  
Test Optional



Clubs/Activities Section



# EBHS College Visits

Carnegie Melon  
LIM College  
New Jersey City University  
Towson University  
Wagner College  
University of Hartford  
University at Albany, SUNY  
Princeton University  
Rutgers University - Newark  
University of Chicago  
Montclair University  
Juniata College  
Johnson & Wales University-Providence  
University of Rochester  
Stevens Institute of Technology  
Tulane University- Liberal Arts  
University of Delaware  
Monmouth University  
Ithaca College

University of New Haven  
Tulane University- Liberal Arts  
University of Delaware  
Monmouth University  
Ithaca College  
University of New Haven  
Elizabethtown College  
Albright College  
University of Scranton  
University of Minnesota-Twin Cities  
Rensselaer Polytechnic Institute  
Rutgers New Brunswick  
Stony Brook University  
Virginia Tech University  
Emmanuel College  
Dartmouth College  
University of Notre Dame  
Rutgers University - Camden  
University of Massachusetts-Amherst

Fairleigh Dickinson University-Florham Campus  
Syracuse University  
The George Washington University  
Savannah College of Art & Design - SCAD  
Caldwell University  
Alvernia University  
Muhlenberg College  
Pepperdine University  
Haverford College  
Drexel University  
Arcadia University  
University of Connecticut  
University of Connecticut  
University of Connecticut  
University of Southern California  
University of Maryland-College Park  
Lafayette College  
Babson College  
Middlesex College



# EBHS College Visits

American University  
Worcester Polytechnic Institute  
Ursinus College  
Quinnipiac University  
Adelphi University  
High Point University  
University of Toronto  
Case Western Reserve University  
Moravian University  
Rider University  
University of Rhode Island  
NYU Shanghai  
University of Massachusetts-Boston  
Manhattan College  
Ringling College of Art and Design  
Hofstra University  
Emory University  
SUNY College at Oswego  
Sacred Heart University

William Paterson University of New Jersey  
Pace University, New York City Campus  
Neumann University  
Bryn Mawr College  
Saint Johns University  
Kean University  
San Diego State University  
New Jersey Institute of Technology  
Automotive Training Center  
Saint Peters University  
Binghamton University  
Ramapo College of New Jersey  
Stockton University  
University of Rhode Island





# Meet Our PEER LEADERS

Sources of Strength Peer Leaders are dedicated to empowering their peers and connecting other CJHS students to supports in times of need.



# Coming Soon to CJHS

- ♥ Support for resource room students in study skills
- ♥ Grounding resources for students with anxiety
- ♥ Support groups: Executive Functioning, Girls Group, GASP, Boys Group
- ♥ Mentor Program Video
- ♥ Magnet School presentations





# HUES SOURCEs OF STRENGTH FALL UPDATES

## Peer Leader Spirit Week Video



Peer Leaders  
volunteering at  
the BAKE SALE  
during  
conferences



During lunch, peer  
leaders provided  
students with  
resources of coping  
skills and conflict  
resolution strategies



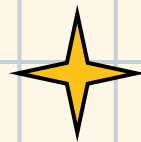
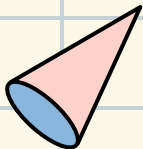
**DURING VIOLENCE PREVENTION WEEK**

## Upcoming in November

Peer Leaders will be visiting one of our self-contained classrooms to create Thanksgiving themed crafts together

High School Peer Leaders will be visiting HUES for a 5th grade assembly and an opportunity to visit their classrooms to mingle and review the program

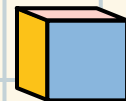
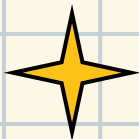




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# HUES

The transition from HMS to HUES in the 2023-2024 school year!

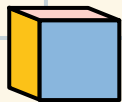
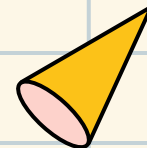




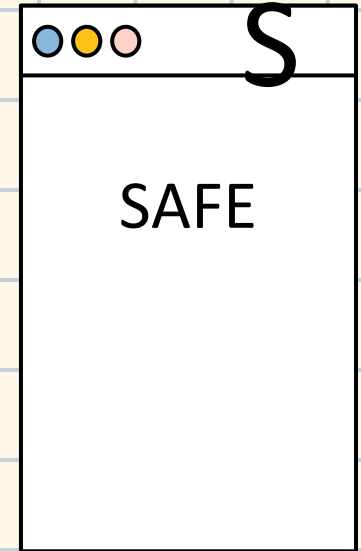
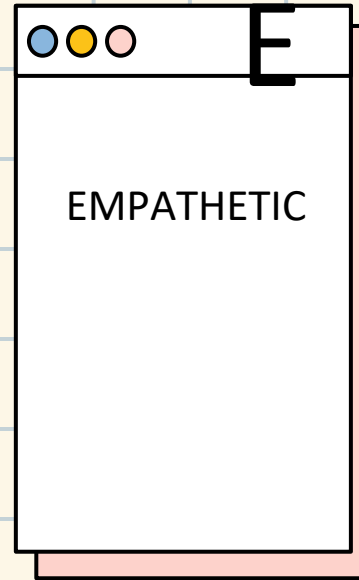
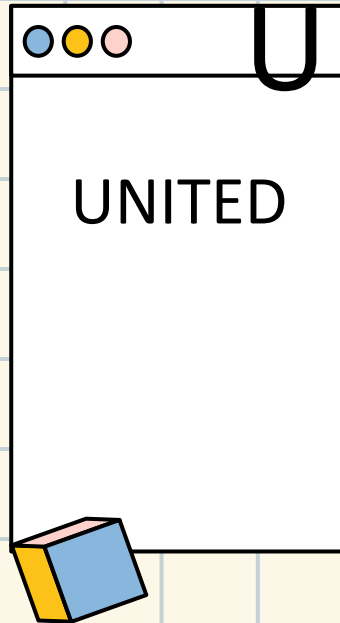
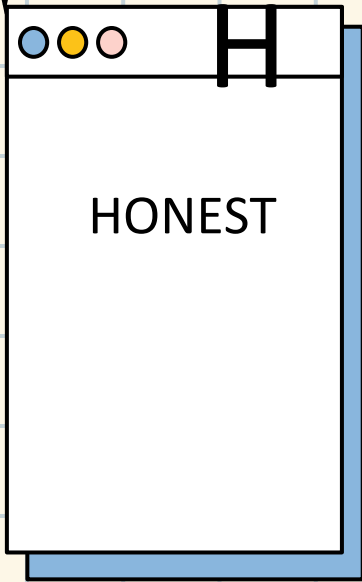
# New year goals..

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- Fully transition into an 'upper elementary' model
- Look at data from 'HUES' first year, collected teacher feedback, reviewed trends of behavior and how we wanted to shape our behavior expectations
- Rollout of updated PBSIS program that includes our new HUES acronym



We are H.U.E.S.!







# Student Services Programs

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PBSIS - Paw Tickets



Student of the Month



Mentor Program



Sources of Strength

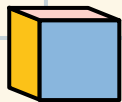
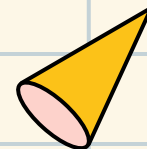


Classroom SEL lessons: Fixing Behavior, Size of the Classroom, Disagreeing Respectfully, Interactive Respect

Themes for this year: Respect Week, Peace Week, Gratitude, Paying it Forward, Great Kindness Challenge,



Diversity Awareness, Disability Awareness & Mental Health Awareness









HUES MENTOR  
TRIPS!





# Our Vision



- Visually promote “HUES” lingo throughout the building
  - Replace HMS visuals with HUES visuals
- Continue to implement a strong PBSIS program and SEL lessons in the classrooms to teach prosocial behaviors

