



SEAFORD UNION FREE SCHOOL DISTRICT

Seaford High School

Nicole Schnabel
Principal

Melanie Judson
Assistant Principal

Alex Mantay
Assistant Principal

Dr. Adele V. Pecora
Superintendent of Schools

September 22, 2024

Dear Seaford High School students and families,

The 2024-2025 school year is off to a wonderful start, thank you to the teamwork of our students, families and faculty members.

We wanted to take the opportunity to introduce you to our Seaford High School Wellness Team, housed right next to the main office in SHS, in what we call the “Wellness Center”.

Our Wellness Team is comprised a **social worker**, Ms. Klein (left), and **two psychologists**, Ms. Lavin (middle) and Ms. Flammia (right/in for Dr. Emerman this year).

These team members have many roles! They meet with students for individual and group counseling, run social groups, oversee the “flow” of the Wellness Center, and stay connected with families, faculty and staff on how they can support our students in new and innovative ways.



In the beginning of the year, our team checks in with each and every student by way of our “Welcome Back” survey. We like to keep our finger on the pulse of how each student is feeling about the year ahead. Often, what we learn can help identify students who may need a little extra TLC at this time.

Please read on for a little more info about each member of our team, plus some exciting opportunities for the year ahead.

If you’d like a member of our team to check in with your child at any time, do not hesitate to send an email to any Wellness Team member. We are here to support all of our Vikings!

Meet Ms. Klein

sklein@seaford.k12.ny.us

Hi! I'm Sharon Klein, the School Social Worker at Seaford High School, and I honestly think I have the coolest job ever. I love reconnecting with students I knew as the social worker at the Harbor. I'm always learning new things, and when I'm not working, you'll find me biking, hanging out with friends, or spending time with my husband, Jeremy, and our two kids, Warren and Lizzy. I have a serious love for chocolate, but I try to balance it out with salad and broccoli! Right now, my favorite show is Severance and can't wait for the new season to start.

Meet Ms. Lavin

slavin@seaford.k12.ny.us

Hi, my name is Shannon Lavin, one of the school psychologists on the Wellness Team at Seaford High School. My 'why'—the reason I'm here—is that I'm passionate about creating a safe space where students can navigate challenges, build resilience, and reach their full potential. I specialize in student-centered approaches, which means I focus on the unique strengths, needs, and interests of each student, ensuring that they are at the heart of every decision we make together. I really love when I can make a student feel special, seen, or heard. Some of my personal interests include crafting, going to Ranger hockey games with my family and spending time outside, especially in the sun. I am looking forward to having a great school year and collaborating with the wonderful students, families, and staff here.

Meet Ms. Flammia

fflammia@seaford.k12.ny.us

Welcome back! I hope you all had a wonderful summer vacation. My name is Ms. Flammia, and I am the School Psychologist here at Seaford High School. I will be filling in for Dr. Emerman for this school year. It is my pleasure to be part of this incredible community, where we truly "Surround Each Other with Greatness." In my role, I am dedicated to providing comprehensive mental health, academic, and behavioral support services to students and their families. I collaborate closely with our team of teachers and administration to cultivate a supportive and inclusive environment. Together, we strive to offer innovative programs that empower our students to become lifelong learners and leaders. In addition to my work with the faculty, I provide individual and group counseling services to foster social-emotional development and enhance peer relationships. My goal is to ensure that every student feels supported, valued, and encouraged to reach their fullest potential. I want you to know that I am here as a support system for you, our families. If you have any concerns or questions, please do not hesitate to contact me. I am here to assist you and your children in any way I can. I look forward to working with you and your children to make this year great!

Small Group Experiences Offered by the SHS Wellness Team

We are excited to share information about small group experiences that will be offered this year at Seaford High School! Small groups provide not only the opportunity for additional learning experiences, but also a time of sharing and of growing together with fellow students. Small groups give students a chance to belong, a chance to express themselves, and the opportunity to benefit from the support of group members.

Please keep in mind that in addition to the group meeting schedule, individual counseling opportunities are always available to our students. Our 2024-2025 groups will include the following topics:

- **Mindfulness (Every other week):** This group will focus on strategies to help students become more confident, learn how to address anxiety, stress, & fear, and how to become more mindful and self-aware.
- **Seaford Strong Group (1x a month):** This is a group aimed toward students who have had or currently have a family member dealing with serious illness. This group will focus on the teaching and practice of utilizing positive coping strategies.
- **Art Group (Every other week):** This group will allow students to express themselves through creative pathways. They will have the opportunity to share with others, as well as learning effective forms of art for coping.
- **Living Through Loss Group (1x a month):** This group will focus on supporting students who have lost someone close to them, whether it be a death, divorce, breakup, or relocation.
- **“New Vikings” Group (1x a month plus additional social opportunities):** This group will provide any student who recently enrolled in the Seaford school district an opportunity to make new connections and familiarize their way around campus.
- **Time Management, Organization, & Study Skills Group (1x per quarter):** This group will come together one time per quarter to learn strategies on finding academic balance.
- **Beautiful Me (3x a year):** Beautiful Me is the flagship program offered by Self-Esteem Rising. The program is divided into 3 parts. Each section is designed to emphasize a different aspect of self-confidence and self-care. A series of activities and discussions encourage and empower participants.

[Please use this link](#) to sign up your child for any of the above groups by Friday, September 27. We will then reach out to your child once the schedule is set. The group meeting times and days will rotate so no student will continuously miss the same class period in order to attend groups.

The Seaford School District Mental Health Staff invite you to
Virtual Coffee & Conversation

**Fostering Self
Esteem In Your
Child**

November 12, 2024
9:30-10:00am

**Tips for
Managing
Anxiety**

December 10, 2024
9:30-10:00am

**Coping with
Daily Stress &
Frustrations**

January 14, 2025
9:30-10:00am

Q & A!

February 11, 2025
9:30-10:00am

Join us on Zoom!

**Meeting ID:
935 5414 9949
Passcode: 032887**

**Organizational
Strategies for
Home**

March 11, 2025
9:30-10:00am

**How to Teach
Your Child to
Communicate
Assertively**

April 8, 2025
9:30-10:00am

**Strategies for
Increasing Your
Child's Motivation**

May 13, 2025
9:30-10:00am

**The Importance
of Self Care**

June 10, 2025
9:30-10:00am

Seaford Manor School
Social Worker, Jen DeMieri
516-592-4071
JDeMieri@seaford.k12.ny.us

Seaford Middle School
Social Worker, Amanda Robilotto
516-592-4271
ARobilotto@seaford.k12.ny.us

All are welcome!
*For more information,
please contact:*

St. William the Abbot
Social Worker, Jana Cavanagh
516-785-6784
JCavanagh@seaford.k12.ny.us

Seaford Harbor School
Psychologist, Laura Ametrano
516-592-4171
LAmetrano@seaford.k12.ny.us

Seaford High School
Social Worker, Sharon Klein
516-592-4314
SKlein@seaford.k12.ny.us

Feel free to contact any member of our team for more information about anything mentioned here or anything with which we can support you. We're looking forward to a wonderful year of learning and growing together!

Yours in Seaford Pride,

Ms. Schnabel, Ms. Judson, and Mr. Mantay

Ms. Klein, Ms. Flammia, and Ms. Lavin