



FALL 2024

FACES

Family and Children Engagement Services

Enhancing students academic, social, and emotional well being



Fall Recess: No school for students
November 25-29.



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SCHOOL PSYCHOLOGY WEEK 2024



SCHOOL PSYCHOLOGISTS: Helping children thrive. In school. At home. In life.

www.nasponline.org #SchoolPsychWeek

When is School Psychology Week?

November 11- November 15

What do School Psychologists do?

School psychologists provide direct support and interventions to students, consult with teachers, families, and other school-employed mental health professionals (i.e., school counselors, school social workers) to improve support strategies, work with school administrators to improve school-wide practices and policies, and collaborate with community providers to coordinate needed services.



This year's theme, "**Spark Discovery**," recognizes the work that school psychologists do to help their communities seek out new ideas, effect change, and expand horizons for children and youth.

How can we participate in School Psychology Week?

- Encourage your child to pursue new ideas and to map out a plan. As a parent, you can help them see what the small steps are and how overcoming obstacles is a part of their journey.
- Help them work through setbacks or lack of confidence by helping them identify negative thoughts that may suggest concerns about their ability to be successful.
- Praise attempts, as well as success, and make sure that you focus on the effort put in to boost their strengths.
- Demonstrate ways to explore new opportunities and learn about a variety of topics, letting them know that you, too, are learning new things and expanding your universe.
- Celebrate diversity and model how to accept others as they are. Take steps with your child to actively learn about others who are different from you.

Who are our School Psychologists?

Maki King – High School
North/Lehman Intermediate

Cheryl Yacubuski – High School
South/JTL

Veronica Woods – Bushkill
Elementary/Lehman Intermediate

Mary K. Writer – Resica
Elementary/Middle Smithfield
Elementary

Valerie Rodriguez – Smithfield
Elementary/JM Hill Elementary

Rachel Kozich – East Stroudsburg
Elementary





Spotlight on Timberwolf Pantry

Every week North HS students are provided with a bag of nutritious, non-perishable food that is to be eaten over the weekend. This program is possible in part with their relationship with your local food banks.

Students just need to sign the registration form, return it and they will receive a bag each week. Students are also provided with a daily snack at the end of the day along with carts that offer food items where students can help themselves. If you are interested in receiving more information on this program you can contact Lisa Minnichbach @ lisa-minnichbach@esasd.net



Timberwolf Togetherness Days are held 2 times a month where staff can dress down and bring in food items to help support our pantry. North also offers a clothes den where students can receive clothing and hygiene products for any member of their family.





Parent Tips for Students with Anxiety

What is Anxiety?

Anxiety is the reaction to situations perceived as stressful or dangerous.

Three Categories of Anxiety

Physical symptoms include somatic complaints such as headaches, stomachaches, muscle tension, and increased heart rate.

Behavioral symptoms include efforts to escape or avoid anxiety-inducing situations (e.g., refusing to go to school on the day of a test).

Cognitive symptoms are related to thinking. That is, children with anxiety tend to engage in more negative thinking, display perfectionistic attitudes, and have disruptions in thought patterns that can interfere with learning.

Recommendations for Home and School

Prevention Strategies:

- Help children examine their thoughts and decide whether their worries are realistic or unrealistic.
- Explicitly teach children how to engage in flexible thinking.
- Practice responding to anxiety-inducing situations that children are likely to encounter
- Model adaptive ways of coping with anxiety.

Response Strategies:

- Encourage children to tolerate their anxiety
- Encourage children to come up with their own solutions to the problem.
- Teach children about the connection between anxiety and physical symptoms.
- Teach children to self-monitor their physical symptoms.
- Prompt children to use their anxiety-management strategies when they have physical symptoms.

5 Quick Ways to Calm Your Mind

Repeat an affirmation

"I feel calm, safe, and at peace."

Breathe In
Hold
4 Seconds
Breathe Out

Do a few rounds of box breathing

Use the S.T.O.P. Method

S Stop
T Take deep breath
O Observe
P Proceed with awareness

Imagine sitting by a stream. Place each thought on a leaf and let it float away.

Try a Visualization

Scan your Body

Notice the sensations in your body, one area at a time.

roundglass

It's okay not to be okay sometimes.



Inside Out Quotes ~

Holiday Resources

HAPPY HOLIDAYS

HAPPY HOLIDAYS

The holidays are a time for spending time with family and friends. It is a time filled with love and joy. However, for some, the holidays can be stressful. There are high expectations and financial burdens.

Salvation Army East Stroudsburg

- Angel Tree: Provides gifts for children in the community
- Holiday meals: Provides everything needed for a traditional Thanksgiving or Christmas dinner

Salvation Army East Stroudsburg

- Food baskets: Provides groceries and personal items on an emergency basis
- Community holiday meals: Hosts holiday meals
- Toy donation box hosts: Collects toys for children in need

Monroe County Resources

- Monroe County Toys for Tots: Collects toys for children in need
- Pleasant Valley Ecumenical Network (PVEN): Accepts applications for toys for children from newborn to 17
- Monroe County Meals on Wheels: Provides gifts to homebound clients

Monroe County Resources

- Stroudsburg Wesleyan Church: Provides food assistance on the 1st and 3rd Friday of the month from 5–6 PM
- PA 211: Connects people with holiday resources such as take-home food baskets, free holiday dinners, and holiday adoption programs

Pike County Food Banks

- Ecumenical Food Pantry of Pike County
- Pike County Hands of Hope and the Lord's Valley Community Church

Pike County Resources

- PA 211: Connects people with holiday resources such as take-home food baskets, free holiday dinners, and holiday adoption programs.
- Angel Tree at Milford Methodist Church

RISE MEETINGS

RISE: Resources and Information for Special Education

Informational sessions for parents of diverse learners in the East Stroudsburg Area School District.

**2nd Tuesday of every month from 6:00-7:30
at the Administration Building or Virtual**



**EVERYONE IS
WELCOME!**

Questions can be directed to

Maria Casciotta

marialena-casciotta
@esasd.net

MONTHLY TOPICS & DATES

PLACEMENT & SERVICES - 11/12/24

TECHNOLOGY - 12/10/24

**ADVOCATING & COLLABORATING -
1/14/25**

COMMUNITY SERVICES - 2/11/25

SENSORY NEEDS - 3/11/25