

# COUNSELING CONNECTION

## EWING PUBLIC SCHOOLS - ELEMENTARY

### MARCH 2025



As we step into the month of March and welcome the vibrant season of spring, we are reminded of the beauty of growth and renewal. This month, our counseling focus will be on the essential themes of **teamwork, collaboration, and cooperation**. Just as trees, flowers, and plants bloom together in a garden, we can achieve great things when we work together as a team!

In this edition of our newsletter, we will explore the importance of building strong relationships, communicating effectively, and supporting one another in our school community. Through engaging activities and discussions, students will learn how to appreciate the strengths of their peers, resolve conflicts, and celebrate successes together.

Let's inspire our students to embrace the power of working collaboratively, helping them grow not only as individuals but also as valuable members of our community. Together, we can plant the seeds of teamwork and watch them flourish this spring!



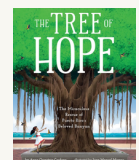
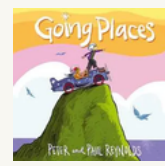
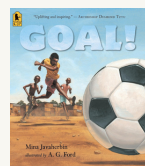
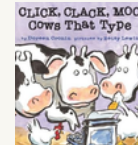
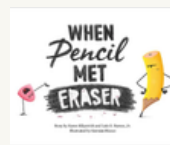
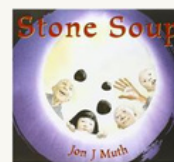
Teaching students the importance of teamwork also helps them develop other crucial skills for success in school and life:

- **Active listening:** Encouraging students to pay attention to their partner's thoughts and ideas fosters better communication and understanding.
- **Empathy:** Understanding and respecting the feelings of others can strengthen relationships and promote a positive learning environment.
- **Problem-solving:** Working together to overcome challenges helps students develop critical thinking and decision-making skills.
- **Respect:** Valuing the opinions and contributions of others promotes a supportive and inclusive atmosphere in the classroom.



### TEAMWORK & COOPERATION READ ALOUDS

JUST CLICK ON THE BOOK COVER AND ENJOY



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As Spring is in the air, outdoor sports and playtime is revving up again. It should come as no surprise that doctors have long advocated that getting your child outside is important.

Time outside serves as a benefit for the development of a healthy body and mind. Along with those benefits, this is a good time to help children build good sportsmanship skills as it builds **TEAMWORK** and **CHARACTER**, teaches **RESPECT, KINDNESS, INCLUSION, RESILIENCE, PERSEVERANCE** and more. Of course, the same goes for indoor sports and games, as well.

**Research** has revealed that teamwork and cooperative learning is consistently more effective than either competitive or individualistic learning in promoting student enhancement of intrinsic motivation and effort to achieve, information retained, the quality of interpersonal relationships, reasoning skills used, psychological health, and academic achievement.

**Cooperative learning** yields benefits whether students work together for only a few minutes in ad hoc groups to summarize and reflect on the key points of a lesson or are members of a yearlong study or a project-based-learning group. **Cooperative learning** not only supports academic success but also teaches students that their own success is not dependent on opposing that of others.

For more information:

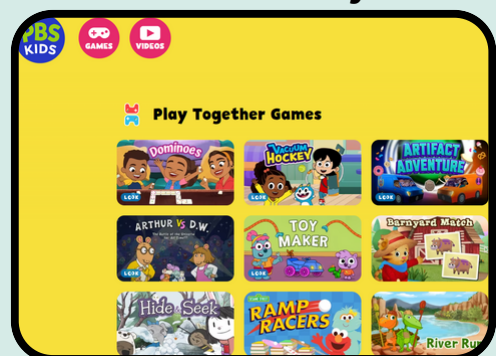
<https://www.edutopia.org/common-ground/>

Whether watching or playing a team sport, game or activity, here are some key sportsmanship tips for children:

- If you lose, don't make up excuses.
- If you win, don't rub it in.
- Learn from mistakes and get back in the game.
- Always do your best.
- If someone else makes a mistake, remain encouraging and avoid criticizing.
- Show respect for yourself, your team, and the officials of the game.



Explore online games from your favorite PBS KIDS characters that foster safe and friendly teamwork !



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### Happy March!

This month marks the beginning of Spring. Spring gives us something to look forward to, sunshine, longer days, all the new and exciting things ahead, flowers and trees in bloom. Some of those blooms include clovers, or shamrocks. However, as clovers can be seen all over St. Patrick's Day decor, they represent the rebirth of spring.

Typically, clovers are made of 3 leaves. At times, one may find a 4-leaf clover, which is very rare. Because it is so rare, you are considered to be very lucky to find one.

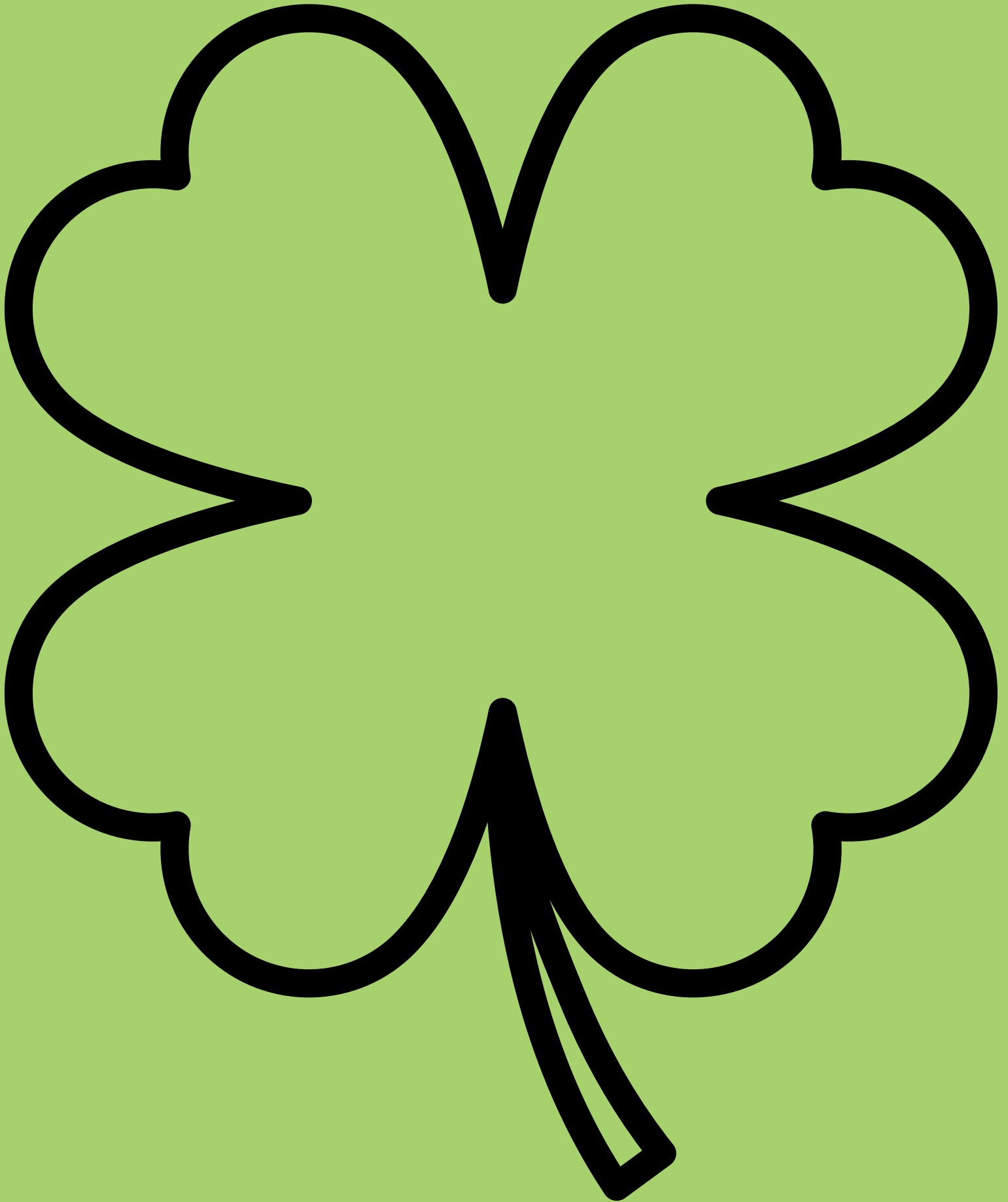


### LUCKY CLOVER CRAFT

Everyone can experience a little luck of the Irish, or a fresh start, with this activity.

- Print out the template of the four leaf clover on the next page and use it as a discussion starter with your child in understanding reasons your child feels lucky to be themselves.
- Reflecting on the reasons they feel lucky to be themselves will remind them of all the amazing qualities and skills they have and give them a self-love boost.
- Feeling lucky means we feel fortunate or are grateful to have things, to have experiences, to do things, to have skills, etc.
- On each leaf help your child write a reason they feel lucky to be them!
- Let your child color or decorate the shamrock
- Hang it somewhere highly visible or frame it for your child.







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### ANTHEIL ELEMENTARY SCHOOL

#### MINDFUL MARCH

Spring is on the horizon & with it, warmer weather! Take some time this month to practice mindful moments outside

- Take a walk and notice what sounds of nature you can hear. What does the weather feel like? What do you see blooming?
- Go on a nature scavenger hunt and find items outside that are the colors of the rainbow such as a red flower, green leaf, etc.
- Find a good spot outside to sit down and set a timer for 1 minute. Close your eyes and focus on your breathing. Try to clear your mind and only focus on your breath for the full minute

#### UPCOMING EVENTS

3/3-3/7 Read Across America Week & PTO Book Fair

3/4 Spring Picture Day

3/5 Literacy Festival & Family Night 6:30pm

3/6 EARLY DISMISSAL Parent Conferences

3/31 SCHOOLS CLOSED

Students had fun at Antheil's annual "Beary Special Someone" Dance on February 7th!



February 3rd-7th was recognized as **National School Counseling Week!**

Mrs. Miceli & Mrs. Lippincott love working with Antheil students every day!

#### SPRINGING AHEAD

Daylight saving time is set to begin on Sunday, March 9, 2025. In the early hours, time will jump forward by one hour from 2 a.m. to 3 a.m.



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### LORE ELEMENTARY SCHOOL

#### The Lore School Store is up and running!

Lore School's Positive Behavioral Interventions and Supports (PBIS) program has introduced the School Store. This is an opportunity for students to earn free rewards by demonstrating R.O.A.R. behaviors.



#### UPCOMING EVENTS

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3/4: Multi-Cultural Literacy Night @LES, 6:30 PM-8:30 PM

3/6: 1:40 Dismissal (Parent-Teacher Conferences)

3/7: Diaspora West African Drum & Dance Assembly

3/10-14: PTA Book Fair

3/13: 4th & 5th Grade Spanish Assembly

3/18: PTA Meeting @LES Library, 7:00 PM-8:00 PM

3/31: SCHOOL CLOSED - Staff Development

#### February 15 was School Resource Officer Appreciation Day!

Thank you, Mr. Knott, for keeping Lore School safe and smiling!



#### February 3-7 was National School Counseling Week!

Mr. Unger & Mrs. Lu are so grateful to be your Lore School Counselors!



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### PARKWAY ELEMENTARY SCHOOL



2/13 was the 100th day of school, and for our 5th grade students, it was also their 1,000th day of school since Kindergarten!! Students celebrated by dressing up like they were 100 years old

On 2/13, the two students who won the prize of "Principal & Dean for the day" were able to help lead our school beside Mrs. Conway & Mr. Odri



### UPCOMING EVENTS

- 3/3-3/7- READ ACROSS AMERICA WEEK
- 3/4- Spring picture day
- 3/6- Early Dismissal; No AM preschool/parent conferences
  - Lead U Assembly K-5
- 3/7- RAA/SEL Pep rally
- 3/10-3/14-PTA Scholastic Book Fair
- 3/13- Multicultural Family Bingo Night 6:00-7:30pm
- 3/14- Spanish Assembly 4th and 5th grade
- 3/27- 2nd grade Field Trip
- 3/31-School Closed for Students/staff development day

*February 3-7th was National School Counseling Week*

**Mrs. Donato & Mrs. Lu are so thankful to be counselors at Parkway Elementary School!**

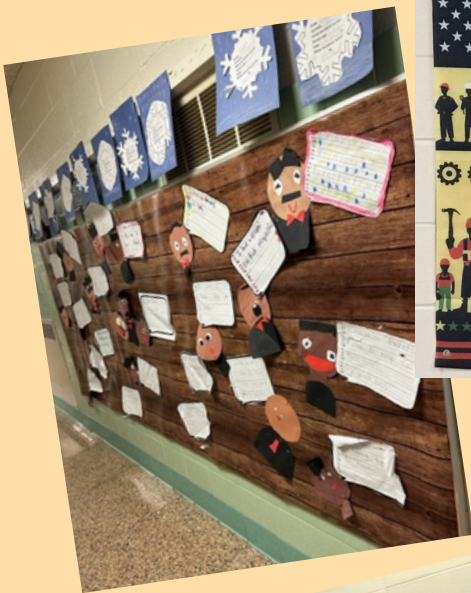
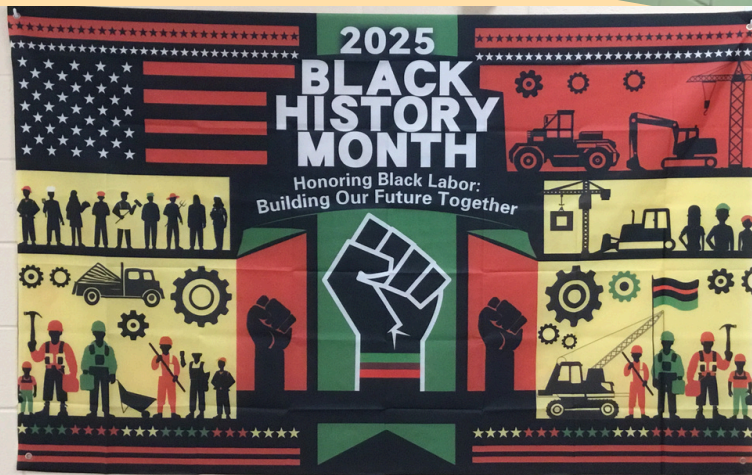


2/15 WAS SRO APPRECIATION DAY!

PARKWAY SPENT TIME SHOWING APPRECIATION FOR OUR VERY OWN MR. KNIGHT! THANK YOU FOR ALL THAT YOU DO TO KEEP US SAFE



# Black History Month 2025



# FOOD RESOURCES

## The Victorious Church Food Pantry

Hollowbrook Community Center  
320 Hollowbrook Drive, Ewing :  
Contact: Barbara Collins (609) 771-4251  
Every 2nd, 3rd & 4th Wednesday  
From 11 AM to 2 PM  
Food available: Pantry items

## New Bethel Holy Church

45 Weber Ave, Ewing, NJ  
Phone: (609) 883-3979  
Hours: 3rd Friday of the month 9am - 1pm

## Faith Deliverance Cathedral

15 Keswick Avenue, Ewing, NJ  
Contact: Pastor Everett Kelly - (609) 637-9604  
Hours: Monday and Friday: 11:30am-1:30pm  
\* Make sure you check by calling the food pantry to confirm that they still are in operation and the hours have not changed.

## Celestial Church of Christ

46 Weber Ave., Ewing, NJ  
Phone: (609) 771-9227  
Hours: 1st and 3rd Sunday of Month: 3-7pm  
\* Make sure you check by calling the food pantry to confirm that they still are in operation and the hours have not changed.

## Abundant Life Christian Fellowship

1901 N. Olden Ave, Suite 25, Ewing  
Phone: (609) 883-9780  
Hours: 4th Saturday of the month: 8:30am-12pm. .  
Food available: Pantry items  
\* Make sure you check by calling the food pantry to confirm that they still are in operation and the hours have not changed.

## The Shop at The College of New Jersey (TCNJ)

700 Campus Town Drive (diagonally across the parking lot from Panera)  
609-771-3211  
Follow us on IG@theshop\_\_tcnj for our posted hours.  
Clients may come once per week to choose 1 bag of food, household supplies and hygiene products.  
Do not call Campus Police for entry

## Mercer County Food Pantries / Meal Services - created and maintained by Mercer Street Friends.

3 Graphics Dr, Ewing Township, NJ 08628  
Phone: (609) 406-0503

## T A S K Trenton Area Soup Kitchen

<https://trentonsoupkitchen.org/get-help/>

## Ewing Helping Hands

Created to help Ewing families with children struggling to put food on the table due to the Coronavirus Pandemic. They are organizing donations of perishable/non-perishable food items and accepting monetary donations, store gift cards (such as from Halo Farms, Aldi, ShopRite, etc.) All items are porch drop off or any other arrangement adhering to social distancing guidelines. Make arrangements to donate using:

- Facebook Instant Messenger



# COUNSELING RESOURCES

**Dr. Jennifer Antoni**   **Director of Counseling Services & Assessment**   **X 2122**

Mrs. Deborah Beck   Secretary to the Director   X 2121

## **Coalition to Support Grieving Students**

Movement Activities for Grieving Children

(doug.org)

## **Additional Counseling Resources**

**Perform Care:** PerformCare partners with the New Jersey Children's System of Care (CSOC) to coordinate the care of your child. We are committed to helping children with behavioral, mental health, or emotional challenges gain access to the services they need.

Phone- 1-877-652-7627

Website- <http://performcarenj.org/index.aspx>

## **Center for Counseling Services**

George Scott

Fee for Service - sliding scale option

609-771-0444

850 Bear Tavern Rd, Trenton, NJ

## **Millhill**

Medicaid

609-989-7333

101 Oakland St, Trenton, NJ

## **Restoring Spirit**

Emily Anne Mattek

Fee for service - sliding scale option

609-468-6676

Pennington, NJ

**TCNJ Counseling Clinic:** The College of New Jersey offers a counseling clinic for community members to address a variety of mental health and behavior challenges. Couples, family and individual counseling is available for a short or long term basis.

Phone- 609-771-2700

Website- <https://clinic.tcnj.edu/>

District's Website:

<https://www.ewing.k12.nj.us/>

Follow Ewing Counseling on Instagram

