

Counseling Connection

Ewing Public Schools – Elementary Edition

April 2025



This April, we celebrate Autism Acceptance Month, a time to raise awareness and promote understanding of Autism Spectrum Disorder (ASD). ASD is a neurodevelopmental condition that affects how people think, interacts, and experiences the world around them. It is a spectrum, which means the condition affects individuals differently.

Why is Awareness Important?

Raising awareness helps foster an inclusive environment where everyone feels valued and understood. By learning about autism, we can break down stereotypes and misconceptions, promoting kindness and empathy among our school community. Let's work together to create an inclusive environment where all students feel valued and supported. We encourage you to learn more about ASD and the unique strengths of individuals with autism. Here are some resources to help you:

Autism Speaks <https://www.autismspeaks.org/what-autism>

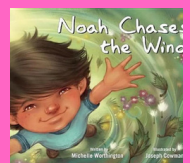
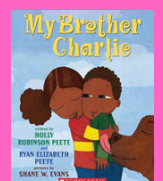
The Autism Society <https://autismsociety.org/>



APRIL IS NATIONAL
AUTISM
AWARENESS MONTH
BUT FOR ME, IT'S ALSO
JAN FEB MAR
APRIL MAY JUNE
JULY AUG SEP
OCT NOV DEC

The path to loving oneself and others begins with self-awareness, and the journey is acceptance, allowing for growth and genuine connection.

Autism Acceptance
Links to Read Alouds,
Videos, and book lists
for kids of all ages.



For a list of more books go to:

<https://www.autismparentingmagazine.com/autism-books-for-children-on-spectrum/>



POAC Autism Walk For A Difference! 2025

Walk for Someone
You Know! Walk for
Someone You Love!



Bring Acceptance and
Support to People with
Autism Everywhere!

Free Rides

Free Food

Entertainment

Activities for the Kids

Resource Fairs at Each Walk



Saturday
May 3, 2025
11:00-2:00

Fisher Middle School
1325 Lower Ferry Rd.
Ewing, NJ



Visit www.poacwalk.org
and start your team today!



Parkway Elementary School



March 3-7 was Read Across America Week! We kicked off this fun week by participating in 20 min. of DEAR (drop everything and read) time as an entire school. Students also collected over 200 boxes of unopened cereal boxes, that they decorated as their favorite books. The boxes were then lined up on Friday to create a domino effect down the hallway. All of the boxes of cereal were then donated to Trenton Area Soup Kitchen (TASK) to help those in need.

April events at Parkway:

- 4/11: 3rd grade field trip
- 4/15: Report Cards go home
- 4/17: Student vs. staff Volleyball game
- 4/18-4/27: School Closed for Spring Break

April is School Library Month, Occupational Therapy Month, and Autism Awareness Month!

Antheil Elementary School

On Wednesday, March 19th AES had engaging SEL assemblies from Lead U. The assemblies for grades 3-5 focused on recognizing conflict and strategies to resolve them when they occur. The assemblies for grades K-2 focused on emotions and coping skills. Students had a wonderful time at their assemblies and learned valuable skills to use day to day.



Important Dates

4/2 Harlem Wizards Assembly

4/15 Kindergarten Egg Hunt

4/17 PTO PJ Day & RedBerry Fundraiser

4/18-4/25 SCHOOLS
CLOSED for Spring Break

4/30 Family Math Night 6pm
at FMS



Autism Awareness Month at
AES

We will be participating in the
"Have a Heart for Autism"
campaign and selling hearts
for the entire month of April.

Join us for our Jersey Mikes
fundraiser on April 4th in
support of POAC (Parents of
Autistic Children).

Lore Elementary School

This March, Lore students participated in **Read Across America Week**. Students, teachers, and community members celebrated the scholastic benefits of reading.



The March Madness Tournament of Books!



Upcoming Events

4/8: Lead U SEL Assembly

4/15: MP3 Report Cards Issued

4/15, 7:00: PTA Meeting in LES Library

4/18-4/25: SCHOOL CLOSED for Spring Break

EARTH DAY



Earth Day, this year, is recognized on April 22nd.

A growing body of research confirms that children are healthier, happier, more creative, and have better knowledge retention when they consistently play and learn outdoors. Some benefits of time outdoors for students include:

- Increased attentiveness and better recollection of information, even after they go back inside.
- Improved performance on tests and other external measures of knowledge gains.
- Greater feelings of competence and motivation to learn.
- Elevated mood and better ability to regulate emotions.
- Decreased stress and anxiety.
- More physical activity and improved physical health.
- Improved balance, coordination, and problem-solving skills through less structured play.
- More frequent and more effective conflict management, communication, and peer cooperation.

Take a look at the many daily activities you can enjoy with your children celebrating and caring for the Earth together !

CLIMATE

Earth Month - April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 1 pick up trash	 2 protect pollinators	 3 be a weather watcher	 4 walk and roll	 5 use a reusable water bottle
 6 donate clothing	 7 World Health Day	 8 create a recycling station	 9 be a friend to animals	 10 start a compost pile	 11 unplug electronics	 12 recycle plastic
 13 conserve water	 14 Nat'l Gardening Day (US)	 15 use less paper	 16 What is your Carbon Footprint?	 17 explore the outdoors	 18 say "no" to food waste	 19 reuse & recycle to create
 20 turn off the AC	 21 collect rainwater	 22 Earth Day	 23 World Book Day	 24 trash can audit	 25 advocate for Earth	 26 Arbor Day
 27 turn off the lights	 28 use safe products	 29 use reusable bags	 30 create art for the Earth			

AASL APRIL IS
**SCHOOL
LIBRARY
MONTH**
www.ala.org/aasl/slm



LIBRARY



While books certainly play a role in a school library, school librarians ignite the sparks of interest in reading within their students by making students feel included through their library collections, helping increase reading stamina, and encouraging students to explore new genres. This is especially important because reading for pleasure has been shown to contribute to improved literacy outcomes.

Encourage your children to talk to the librarian about their reading interests and get recommendations.



TEST ANXIETY

As our elementary students from grades 3-5 prepare for the NJSLA, administered in May, here are some ways that they can help reduce stress and maintain a positive mindset. The New Jersey Student Learning Assessments for English Language Arts and Mathematics (NJSLA-ELA/Math) measures the extent to which students are on track to being college or career ready in each of the two respective areas. Encourage your child to do their best and stay positive with positive self-talk before any challenge they face.

PRACTICAL WAYS TO REDUCE STRESS LEVELS TEST ANXIETY EDITION



1. STAY POSITIVE

THE WEEK LEADING UP TO YOUR QUIZ/TEST, SAY POSITIVE AFFIRMATIONS WHEN YOU STUDY. THIS WILL PUT YOU IN THE HEADSPACE TO SUCCEED.

2. GET SOME SLEEP

CRAMMING IS NOT THE ANSWER. LET YOUR MIND TAKE A BREAK AND GO TO BED EARLY SO YOU WAKE UP FEELING REFRESHED.

3. FUEL UP

MAKE SURE TO EAT SOMETHING PRIOR TO YOUR QUIZ/TEST. THIS WILL ENSURE YOU HAVE ENERGY AND WILL KEEP YOU FOCUSED.

4. TAKE DEEP BREATHS

DEEP BREATHING CAN HELP REDUCE ANXIETY AND HELP YOU TO REFOCUS.

5. READ CAREFULLY

READ YOUR DIRECTIONS THOROUGHLY AND REVIEW YOUR ANSWER CHOICES BEFORE ANSWERING THE QUESTION.

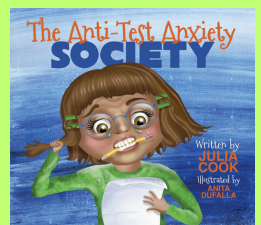
6. REVIEW YOUR ANSWERS

DOUBLE-CHECK YOUR QUIZ/ TEST BEFORE YOUR TURN IN/ SUBMIT, TO MAKE SURE YOU ANSWERED EACH QUESTION.

Remember: Every student tests differently, focus on yourself and not the others in the room.



Read Alouds
for strategies on test
taking that will help
your child feel more
confident and at ease.



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

