Counseling Connection
Ewing Public Schools - Elementary Edition
May 2025



May is Mental Health Awareness Month

As we step into May, we take a moment to recognize Mental Health Awareness Month—a vital opportunity to foster conversations about mental well-being and promote practices that enhance our overall wellness. In our fast-paced world, it's essential that we prioritize mental health, not only for ourselves but also for our children.

Engaging in mental health awareness, wellness, and mindfulness can significantly impact our children's emotional resilience and overall development. By teaching them the importance of self-care, coping strategies, and open dialogue, we equip them with essential tools to navigate life's challenges.

This month, let us commit to creating supportive environments where children feel safe to express their feelings, cultivate mindfulness, and understand the value of mental health. Together, we can nurture a generation that prioritizes mental well-being, ensuring they grow into emotionally healthy adults.

Explore this insightful article from Mental Health America that outlines the essential elements every child needs for good mental health, emphasizing the importance of support, connection, and understanding in fostering their emotional well-being.

https://mhanational.org/resources/what-every-child-needs-for-good-mental-health/

A Child's Physical & Mental Health Are Both Important

Basics for a child's good physical health:

- Nutritious food
- Adequate shelter and sleep
- Exercise
- Immunizations
- Healthy living environment

Basics for a child's good mental health:

- Unconditional love from family
- Self-confidence and high self-esteem
- The opportunity to play with other children
- Encouraging teachers and supportive caretakers
- Safe and secure surroundings
- Appropriate guidance and discipline





HELP BUILD YOUR CHILD'S MENTAL HEALTH SUPERPOWERS

_Click on this link to get a FREE PDF of mental health tools and techniques, explaining the big ideas in mindfulness and offering kids things to do to help themselves when they are experiencing those big emotions.

You can download this free PDF, cut the images out, stick them on the fridge and talk about them!

https://cosmickids.com/mental-health-superpowers/





Parkway Elementary

Important Dates in May:

5/1: School Principals Day!

5/2: Kindergarten Field Trip

5/3: POAC Autism Walk @ FMS

5/5-5/9: Teacher Appreciation Week & PTA Scholastic Book Fair

5/7: School Nurse Appreciation Day!





On April 16th, Parkway staff held a multicultural luncheon where everyone brought in a dish from their culture to share together. It was a great event!

(Important May Dates Continued:)

5/8: Mindfulness & Martial Arts Night 6:00-7:00pm

5/12 & 5/13: NJSLA ELA 3rd-5th grade

5/14 & 5/15: NJSLA Science 5th grade only

5/15: ESL Family Night @ Parkway 6pm

5/16: 1st grade Field Trip

5/19-5/21: NJSLA Math 3rd -5th grade

5/20: Spring Concert @ 6:30pm

5/22: Every Panther One Book Begins

5/23- 5/26: School Closed for Memorial Day

5/28: Standing Tall Assembly for K-5

5/29: 5th grade visit to FMS

5/30: School Wide Field Day

Antheil Elementary

IMPORTANT DATES IN MAY:

5/1 FAMILY BINGO NIGHT @ 6:30 PM

5/2 2ND & 5TH GRADE FIELD TRIP

5/5-5/9 TEACHER APPRECIATION WEEK

5/10 PTO CLOTHING DRIVE 12-3PM

5/12-5/21 NJSLA TESTING GRADES 3-5 & PTO BOOK FAIR

5/16 PTO TIE DYE DAY

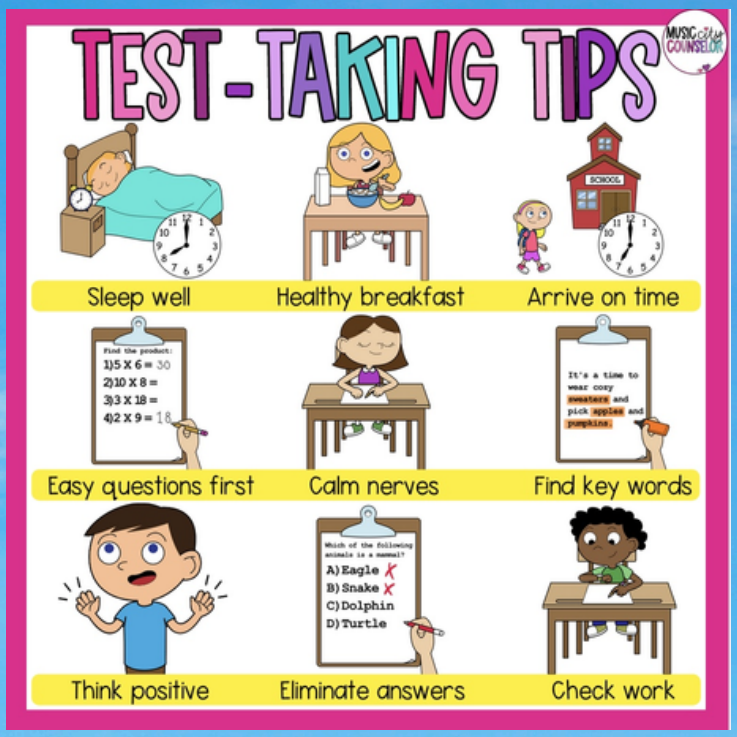
5/21 5TH GRADE SPRING CONCERT 7PM

5/23- 5/26: SCHOOL CLOSED FOR MEMORIAL DAY

5/28 FIELD DAY GRADES K-2 & 5TH GRADE FMS ORIENTATION

5/30 FIELD DAY GRADES 3-5

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Lore Elementary

IMPORTANT DATES IN MAY:

5/5-5/9: TEACHER APPRECIATION WEEK

5/8: BINGO MATH NIGHT 6:00 PM-8:00 PM

5/22: FIELD DAY

5/23-5/26: SCHOOL CLOSED - MEMORIAL DAY WEEKEND

5/28: GRADE 5 VOCAL & INSTRUMENTAL CONCERT 7:00 PM-8:00 PM

NJSLA STATE TESTING SCHEDULE *(GRADES 3-5 ONLY)*:

5/12-5/13: ELA

5/14-5/15: SCIENCE (GRADE 5 ONLY)

5/19-5/21: MATH

LAST MONTH AT LORE...

IN APRIL, LORE WELCOMED *LEAD U* FOR ASSEMBLIES FOCUSED ON CONFLICT RESOLUTION STRATEGIES, EMOTIONS, AND COPING SKILLS.



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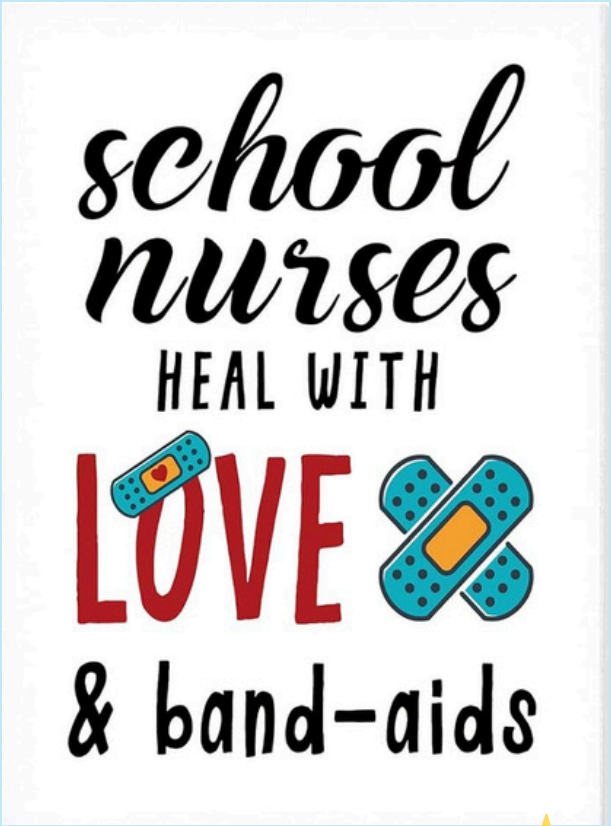
May 2025

MAY IS NATIONAL TEACHER APPRECIATION WEEK & NATIONAL NURSES WEEK



IN OUR EWING PUBLIC SCHOOLS, AND ACROSS AMERICA, TEACHERS ARE ARRIVING EARLY TO SET UP CLASSROOMS, SPENDING LONG HOURS EDUCATING STUDENTS, AND STAYING LATE TO PREPARE TOMORROW'S LESSON PLANS. THEIR DEVOTION TO OUR CHILDREN EMBODIES THE BEST OF AMERICA — READY TO SERVE AND EAGER TO SEE OTHERS THRIVE.

NATIONAL TEACHER DAY IS MAY 6, 2025, AND NATIONAL TEACHER APPRECIATION WEEK IS MAY 5-9, 2025.



OUR SCHOOL NURSES ARE OFTEN THE FIRST PLACE A STUDENT GOES TO WHEN THEY DON'T FEEL WELL OR HAVE BEEN HURT. SCHOOL NURSES PROVIDE A WEALTH OF INFORMATION THAT SUPPORTS HEALTH AND WELLBEING THAT IS IMPORTANT TO A SUCCESSFUL EDUCATION AS WELL.

SCHOOL NURSE DAY IS CELEBRATED ON MAY 7, 2025, AND NATIONAL NURSES WEEK IS MAY 6-12 EACH YEAR.

WE ARE ALL IN THIS TOGETHER.

JOIN US NOT ONLY THIS WEEK, BUT THROUGHOUT THE YEAR, IN SAYING 'THANK YOU' TO OUR EWING PUBLIC SCHOOLS' EDUCATORS & NURSES!

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
(dougy.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 Matteck
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