



SPRING 2025

# FACES

## Family and Children Engagement Services

*Enhancing students academic, social, and emotional well being*



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FACES is a newsletter published by the Pupil Service Department.  
Any questions- email [mary-olszewski@esasd.net](mailto:mary-olszewski@esasd.net)

# MENTAL HEALTH AWARENESS MONTH

May is Mental  
Health Awareness  
Month



Green Light  
Campaign

As part of the national Green Light Campaign, the East Stroudsburg Area School District (ESASD) has illuminated portions of our buildings with green lights throughout the month to represent hope, support, and increased awareness for individuals facing mental health challenges.

## COPING STRATEGIES FOR IMPROVED MENTAL HEALTH

### Healthy Habits

Exercise 30 minutes  
8 hours sleep  
Healthy diet

### Stay Connected

Talk with family  
and friends  
Write a letter

### Get Organized

Prioritize tasks  
Cross out completed  
tasks  
Avoid excessive phone,  
tv. & internet

### Manage Stress

Relaxation  
exercises  
Keep a journal  
Ask for help

### Crisis and Immediate Support Resources

**988 Suicide & Crisis Lifeline:** The Lifeline provides 24/7, free, and confidential support to people in distress

**988 Textline:** When you text 988, you will complete a short survey letting the crisis counselor know a little about your situation.

### Local Resources

**Carbon Monroe Pike Metal Health**  
570-420-1900

#### Behavioral Health

**Merakey** 570-424-9229

**Pathways** 570-424-6221

**Youth Advocate Program** 570-807-3611

**Matrix-** 570-234-3989

**Children's Service Center** 570-825-6425

**KIDSPEACE-** 1-800-854-3123



# Spotlight on Board Certified Behavior Analysts (BCBA)

## What is a School-Based BCBA?

A School-Based BCBA (Board Certified Behavior Analyst) is a behavior expert who helps students thrive by supporting positive and meaningful behavior in schools.

- ✓ Studies the environment where behavior happens to understand what helps or hinders student success
- ✓ Uses data and evidence-based practices to make decisions
- ✓ Creates strategies that promote positive, socially significant behavior
- ✓ Highly trained in Applied Behavior Analysis (ABA) – a science-backed approach to behavior
- ✓ Works closely with PBIS and MTSS teams to build strong support systems for all students

**BCBAs help create safe, supportive classrooms where all students can grow and succeed!**

## What Can Your School-Based BCBA Do for You?

Your School-Based BCBA is here to support student success through positive behavior strategies.  
Here's how they can help:

- ✓ Classroom Behavior Support
- ✓ ICollaborate with staff and IEP teams
- ✓ Behavior Assessments & Plans
- ✓ PBIS Team Collaboration
- ✓ Data Collection Systems



**Shelby  
Slinger**



**Paulina  
Frasse**



**Jennifer  
Fuller**



**Noel  
Carrington**





# Special Olympics 2025

Students from our district recently had the exciting opportunity to attend the Special Olympics held at Pleasant Valley High School. It was a day filled with enthusiasm, teamwork, and celebration as students participated in a variety of athletic events, showcasing their talents and determination. The event promoted inclusion, friendship, and school spirit, and our students represented the district with pride and joy.



Let me win.  
But if I cannot win,  
let me be brave  
in the attempt.  
-Special Olympics athlete oath

Find out more information here:  
<https://specialolympicspa.org/region-5-home>



# Local Summer Camps and Activities

## Stroud Kids Camp Monroe County

15 Day Street East Stroudsburg PA  
[Dansbury Camp Information](#)  
 Break and Lunch provided by ESASD  
 Limited Scholarships Available  
 contact 570-426-1512

## PEEC SUMMER DAY CAMP Pike County

Campers will enjoy hiking, playing games, and exploring nature under close supervision by trained camp staff. PEEC's summer day camp runs from 9:00 a.m. to 4:00 p.m. Monday through Friday. Lunch and Transportation, in addition to Before and After Camp Care are available for an additional charge.  
[PEEC Camp Registration](#)



## East Stroudsburg University [ESU 4 Kids](#)

## [ESU Warrior Sports Camp](#)

## Northampton

## [NCC Summer Camp Programs](#)

## [YMCA Camp Speers](#) [Pike County](#)

Y camp provides a safe, fun, and active environment for children to develop new skills, self-esteem, and friendships. Day camp is great for kids who want to laugh, learn, explore, and grow in the great outdoors.

Day Camp's exciting programs are for children Pre-K to tenth grade. Horseback riding is also available each week for an additional fee. <https://www.campspeersymca.org/summer-camp/day-camp.html>

## Eastern Monroe Library Stroudsburg PA

Youth Program list coming soon  
[https://monroepl.org/?page\\_id=16225](https://monroepl.org/?page_id=16225)

