

COUNSELING CONNECTION

EWING PUBLIC SCHOOLS - ELEMENTARY

JUNE 2025

HELL-
Summer

Welcome, Summer!

Cheers to ice cream, pool parties, and sunny days !

As the school year comes to an end, we cannot help but think of how amazing our elementary school students are. This year, as always, our students have showed tremendous resilience, flexibility, and determination as they have worked hard towards personal academic, social and emotional goals, friendship making, conflict resolution, and supporting fellow classmates. We look forward to seeing you next school year, in September, and we wish the best of luck to those students heading off to middle school.

Please look through the following pages for our June celebrations and for summer resources that will help build stronger sibling bonds, keep them safe and occupied while creating amazing summer memories, and internet wise and safe!

Use summer break as a chance to allow your children to strengthen their relationship and grow closer as siblings! These activities will help them not only strengthen their sibling bond but make memories that will last a lifetime.

ALLOW YOUR KIDS TO GET MESSY
there is just something about a messy activity that brings kids closer together! Let them make slum or play in the mud. And of course, have them clean up before coming inside

Family vacations are a great way to strengthen sibling relationships! Whether it's a trip to the beach or just a day trip to a water park, your kids will start to bond!

Instead of having them compete against each other, have them play against you! Whether you're playing a game of tag or basketball, play competitive games with your kids!

Family game nights or even family movie nights are a great way to help strengthen your sibling relationships.

Keep them unplugged and in charge of a project. When they are in charge of something, they will not only learn how to work together but about the responsibility of being in charge of something!

Have them build a fort or an outside pet habitat. Working on a project together is a great way to help them communicate more with each other and accomplish something awesome.



SUMMER BUCKET LIST

- ☐ Bake some brownies
- ☐ Build a fort
- ☐ Make fruit gummies
- ☐ Go to the park
- ☐ Go to the drive-in
- ☐ Wash a car
- ☐ Make a memory jar
- ☐ Blow bubbles
- ☐ Make popsicles
- ☐ Find shapes in the clouds
- ☐ Roast marshmallows
- ☐ Go for a hike
- ☐ Ride a carousel
- ☐ Draw a self-portrait
- ☐ Go to the beach
- ☐ Watch the sunrise
- ☐ Play in the sprinklers
- ☐ Take a road trip
- ☐ Have a picnic
- ☐ Do some gardening
- ☐ Ride a bike
- ☐ Catch fireflies
- ☐ Play flashlight tag
- ☐ Make a campfire
- ☐ Go on a nature walk
- ☐ Play with slime
- ☐ Play hopscotch
- ☐ Read a book
- ☐ Visit a water park
- ☐ Have a BBQ
- ☐ Have a pillow fight
- ☐ Volunteer
- ☐ Go to the library
- ☐ Bury a time capsule
- ☐ Send a postcard
- ☐ Have a pool noodle fight
- ☐ Go fishing
- ☐ Make water gun art
- ☐ Pick some berries
- ☐ Visit the ice cream shop
- ☐ Go for a swim
- ☐ Pick some flowers
- ☐ Run barefoot in the grass
- ☐ Paint a rainbow
- ☐ Make pizza
- ☐ Gaze at the stars
- ☐ Throw a frisbee
- ☐ Visit the farmer's market
- ☐ Go to the zoo
- ☐ Make friendship bracelets
- ☐ Go roller skating
- ☐ Play hide-and-seek
- ☐ Paint rocks
- ☐ Write a letter to a friend
- ☐ Play 20 Questions
- ☐ Visit a lake
- ☐ Make sponge water bombs
- ☐ Tie dye a shirt
- ☐ Have a three-legged race
- ☐ Make a suncatcher
- ☐ Have a family movie night
- ☐ Have a dance party
- ☐ Go camping
- ☐ Watch fireworks
- ☐ Have a water balloon fight
- ☐ Make s'mores
- ☐ Have a family game night
- ☐ Play volleyball
- ☐ Go to the arcade
- ☐ Play laser tag
- ☐ Collect seashells
- ☐ Make ice cream in a bag
- ☐ Have a sleepover
- ☐ Fly a kite
- ☐ Have a puppet show
- ☐ Make a mud pie
- ☐ Jump on a trampoline
- ☐ Draw with chalk
- ☐ Visit the aquarium
- ☐ Use a hula hoop
- ☐ Play I Spy
- ☐ Learn a new skill
- ☐ Bake cookies
- ☐ Play in the sand
- ☐ Watch a baseball game
- ☐ Do a good deed
- ☐ Make a scrapbook
- ☐ Make a bird feeder
- ☐ Ride a boat
- ☐ Have a movie marathon
- ☐ Make lemonade
- ☐ Have a water gun fight
- ☐ Go bowling
- ☐ Eat a snow cone
- ☐ Play dress up
- ☐ Visit a museum
- ☐ Make a paper airplane
- ☐ Play mini golf
- ☐ Use a jump rope
- ☐ Have a pyjama day
- ☐ Watch the sunset
- ☐ Eat corn on the cob

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As summer is almost here, the end of the school year is almost near as well. Our children's schedules are more flexible and free, and with that, they might spend more time online, on gaming sites, and roaming the internet. This leisure time mixed with curiosity might have unexpected or unintended results.

LINKS

Some kids will click on alluring links, or on coupon codes for online games, or look up videos on advice on how to play their favorite online game. These may be coupon codes for an online retailer or advice on how to play their favorite online game **BUT** these websites may have the potential to reveal private family or personal information. Sometimes the effects take time to manifest. **REMINDING** children that personal information is never to be shared is **ESSENTIAL**.

ONLINE PREDATORS

The threat posed by adult predators is becoming increasingly significant. The goal of these predators is to use the internet to groom kids. Predators may pose as the users' age on well-known social media platforms. To attract impressionable children, they frequently pretend to have similar interests.

FOR MORE
INFORMATION
ON BEING
INTERNET
SAFE CLICK ON
THIS STAR



BE INTERNET BRAVE WHEN IN DOUBT, TALK IT OUT

When kids come across something questionable, they should feel comfortable talking to a trusted adult. Adults can support this behavior by fostering open communication at home and in the classroom.

SHARE WITH CARE

Learning how to share with those they know and those they don't, safely and appropriately, without lasting consequences

COMMUNICATE RESPONSIBLY

Encourage thoughtful sharing by treating online communication like face-to-face communication; if it isn't right to say, it isn't right to post. Keep personal details about family and friends **private**.

TIPS ON BEING INTERNET SAFE & SMART

BE INTERNET ALERT DON'T FALL FOR FAKE

It's important to help kids become aware that people and situations online aren't always as they seem.

BE INTERNET STRONG SECURE YOUR SECRETS

Personal privacy and security are just as important online as they are offline. Being smart about passwords, the information you share, and understanding the choices you have when it comes to protecting your privacy online.

BE INTERNET KIND IT'S COOL TO BE KIND

by applying the concept of "treat others as you would like to be treated" to their actions online, kids can create a positive impact for others and disempower bullying behavior.





Middle School Transitions

As your child prepares to transition from 5th grade to middle school, this exciting new chapter brings many opportunities—and some challenges. Middle school introduces new academic demands, multiple teachers, changing social dynamics, and greater independence. It's normal for your child to feel a mix of excitement and nervousness.

Here are parent-friendly recommendations to help 5th graders successfully transition to middle school:

- **Foster Independence**

Encourage your child to take responsibility for organizing their schoolwork, managing their time, and completing homework independently. This builds essential skills for middle school.

- **Establish Routines**

Create consistent daily routines for homework, chores, and bedtime to help your child manage the increased demands and new schedule of middle school.

- **Visit the Middle School Together**

If possible, tour the middle school with your child before the year starts. Seeing classrooms, lockers, and common areas can reduce anxiety and build excitement.

- **Discuss Social Changes**

Talk openly about friendships, peer pressure, and making new friends. Encourage your child to be kind, inclusive, and confident in social situations.

- **Support Organizational Skills**

Help your child develop a system for keeping track of assignments and materials, such as using planners, folders, or apps. This is key as they'll have multiple teachers and subjects.

- **Promote Open Communication**

Encourage your child to share their feelings and experiences about school regularly. Be a supportive listener and problem-solver.

- **Encourage Involvement**

Motivate your child to join clubs, sports, or activities at school. This fosters connection and helps them find their place in the middle school community.

- **Build Resilience and Growth Mindset**

Help your child understand that mistakes are part of learning. Praise effort and perseverance to prepare them for new challenges.

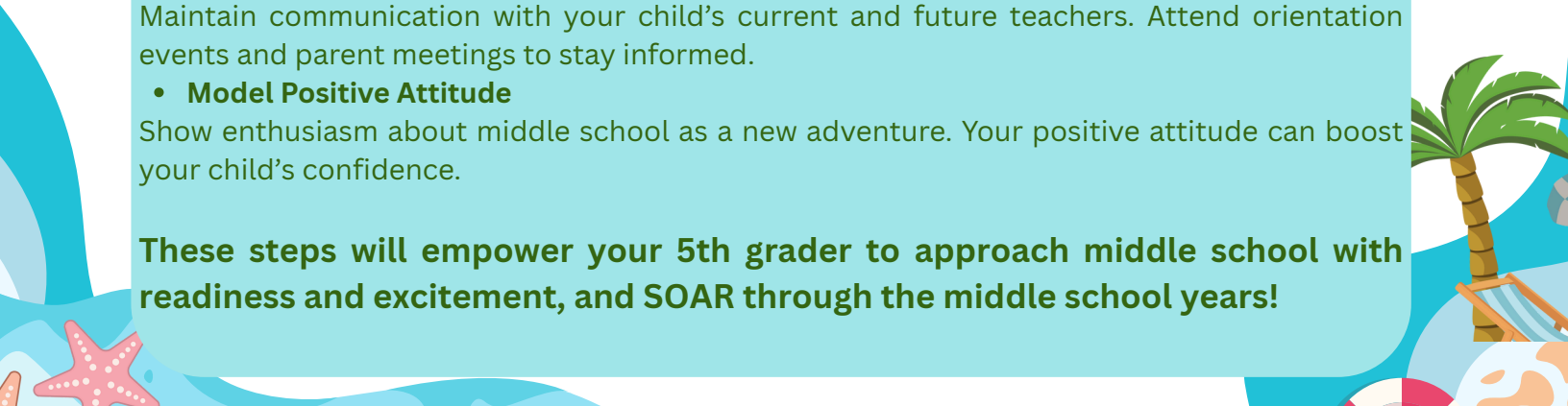
- **Stay Connected with Teachers**

Maintain communication with your child's current and future teachers. Attend orientation events and parent meetings to stay informed.

- **Model Positive Attitude**

Show enthusiasm about middle school as a new adventure. Your positive attitude can boost your child's confidence.

These steps will empower your 5th grader to approach middle school with readiness and excitement, and SOAR through the middle school years!



Parkway Elementary School

Important Dates for June:

- 6/3- 4th grade Field Trip
- 6/5- Spanish Assembly
- 6/13- 5th grade pool party; Preschool celebration
- 6/17- Early Dismissal at 1:10; Last day of PM preschool; Kindergarten celebration
- 6/18- Early Dismissal at 1:10; Last day of AM preschool; 5th grade Moving Up Ceremony
- 6/19- Early Dismissal at 1:10; 5th grade snack and sign; LAST DAY OF SCHOOL!

Summer Safety Tips for Kids

- Stay Hydrated
- Find Shade
- Proper Clothing
- Sun Protection
- Plant Safety/Thorns
- Bug Spray
- Stranger Safety
- Road Safety
- Helmets
- Eating in time
- Temperature Fluctuations
- Water Safety



Wishing all students a happy and safe summer! Rest, rejuvenate, recharge, and we look forward to seeing you all again in September!!



Anthheil Elementary School

Important Dates for June:

- 6/2: Field Day, Grades 3-5
- 6/3: Field Day, Grades K-2
- 6/4: Kindergarten Field Trip
- 6/5: 5th Grade Pool Party, 4th Grade Spring Concert
- 6/6: 3rd Grade Mad Science Day, Pre-K Ceremony
- 6/9: Kindergarten Field Trip
- 6/12: Pre-K Water Day
- 6/13: Kindergarten Water Day
- 6/17- Early Dismissal at 1:10
- 6/18- Early Dismissal at 1:10; 5th grade Moving Up Ceremony
- 6/19- Early Dismissal at 1:10; **LAST DAY OF SCHOOL!**

Keep **POSITIVE** talk all summer long

I AM BRAVE

I AM KIND

I AM STRONG

I AM SMART

I AM HELPFUL

I AM HONEST

I NEVER GIVE UP

I AM GRATEFUL

I AM LOVED

I AM ENOUGH

I AM HAPPY

Wishing all Anthheil families a fun and relaxing summer! We can't wait to see all that you accomplish next school year!



Lore Elementary School

Important Dates for June:

- 6/10- 5th grade pool party
- 6/11- Tender Smiles Mobile Dentist Visit;
- 6/11-Gr 4 Vocal & Instrumental Concert 7:00 PM -8:00 PM
- **6/16/2025 - LAST DAY OF LUNCH SERVICE**
- 6/17- Early Dismissal at 1:10; Last day of PM preschool; 5th grade Moving Up Ceremony
- 6/18- Early Dismissal at 1:10; Last day of AM preschool
- 6/19- Early Dismissal at 1:10; **LAST DAY OF SCHOOL!**
- **6/19-LAST DAY OF BREAKFAST SERVICE**

Lore students and families,

It's been a joy to watch our students build friendships, learn new skills, and rise to new challenges with courage and kindness.

We are so proud of each and every Lore Lion! Wishing your family a safe, restful, and joy-filled summer.



JUNE IS PRIDE MONTH

We rise by
lifting others

INCLUSIVE

FOR
EVERYONE

WELCOMING

DIVERSE

ACCEPTING

SAFE
SPACE

JUNETEENTH

CELEBRATE FREEDOM JUNE 19

Juneteenth is a special day that marks the end of slavery in the United States. Juneteenth reminds us of the struggles and hardships faced by African Americans, celebrating their resiliency and strength as they fought for freedom and equality. This celebration reminds us of the importance of treating everyone with respect, fairness, equality and kindness.

What Happened on June 19, 1865?

During the Civil War, on January 1st, 1863, Abraham Lincoln signed the Emancipation Proclamation abolishing slavery.

Texas would not accept the Emancipation Proclamation and kept their slaves. News that slavery was abolished was kept from the slaves.

After the Emancipation Proclamation, Texas still held more than 200,000 African Americans in slavery.

On June 19, 1865, General Gordon Granger and Union army soldiers entered Galveston, Texas, forcing them to free their slaves. All of the remaining slaves received the news that they were free.

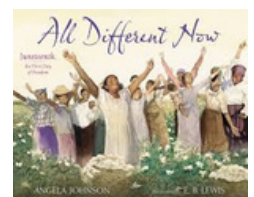
Juneteenth is also called Emancipation Day, Freedom Day, or Jubilee Day. The word Juneteenth is a combination of June and 19th.

Texas was the first state to declare Juneteenth a holiday on January 1, 1980. The U.S. Government declared Juneteenth an official federal holiday on June 17th, 2021.

The Juneteenth flag is blue and white with a white star in the middle; surrounding the star is an outline of a bursting star. It is a symbol of the ending of slavery in the United States.



Juneteenth Read Alouds



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
(douggy.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

