

South St. Paul Public Schools

Student and Family Support



The Student Services Department at South St. Paul Public Schools is responsible for programs and services that help students succeed physically, mentally, and emotionally at school. These services include: School nurses, counselors, social workers, psychologists, and special education. Learn more about our Student and Families services and who the support specialists are at your school at: <https://www.sspps.org/departments/student-services> or scan the QR code.



School Counselors

The role of the school counselor is to help every student thrive academically, emotionally, and socially. School counselors help with student needs inside of school including one-on-one support, group conflict counseling, and classroom social-emotional lessons. School counselors are often the first line of support when a student is in need.

School Social Workers

The role of a school social worker is to assist students and families with methods and resources to address issues contributing to achievement, social emotional adjustment, and attendance in school. School social workers typically help students and families with needs outside of school that are impacting a student's academic performance.

School Psychologists

School psychologists help students and families with deeper needs for student academic and social-emotional success. They are the lead of the multi-tiered systems of support (MTSS) model at each school. School psychologists also work closely with staff, students, and families to conduct special education evaluation and support teachers in addressing needs of students who may have a disability.



HelpMe App

Connecting you with helpful resources and support when you need it most

- Have you ever needed help but were too afraid to ask for it?
- Have you ever felt that asking for help would make you look weak?
- Have you ever wondered why asking for help can be so hard?

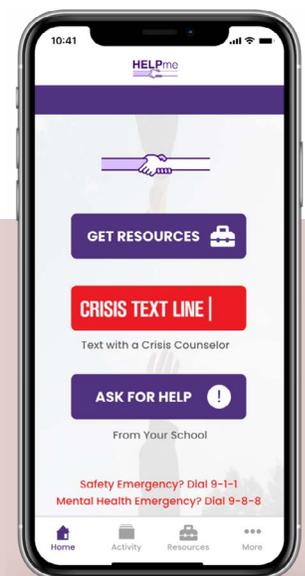


The HELPme app helps you find assistance when you need it most, while removing anything that stops people from getting that help. The HELPme app is your connection that respects your dignity and privacy.

THE APP HELPS WITH:

- Anonymous reporting
- Help for you, or someone you know
- Food
- Housing
- Crisis Counselors
- Suicidal Feelings
- Anxiety, Depression
- Abuse, Violence Intervention
- and more...

DOWNLOAD THE HELPME APP



Local Food Resources

Free Take 'n Bake Meals

South St. Paul Community Education partners with Kitchen Coalition, an initiative of Second Harvest Heartland, to offer free take 'n bake family dinners. Meals serve around four people and are produced by local restaurants, caterers, and commercial kitchens. Ingredients and allergens are listed on the package and will change every time. Meals are fully prepared, you just need to warm them up before enjoying!

Pick up meals:

- Central Square Community Center
100 7th Ave N, SSP
- Mondays after 3:00 pm, available through Saturday at 2:00 pm while supplies last
- No personal information is needed to receive food



Open Door Mobile Pantry

Once per month the Open Door Mobile Food Pantry visits Kaposia Education Center with free grocery items for anyone who comes.

Food items may vary each month, but can include:

- Shelf stable pantry items
- Fresh fruit and vegetables
- Dairy items



All are available while supplies last. No appointment is necessary and personal information is not required to receive food.

The mobile pantry is schedule for the third Wednesday of every month. To see exact dates visit the Kaposia Education Center calendar at: <https://kaposia.sspps.org/calendar>

Every Meal

Every Meal is a local nonprofit focused on filling the weekend food gap for students at both Lincoln and Kaposia. With the help of community volunteers, bags of food are discretely placed in students' backpacks on Fridays.

Families may choose from five food bag options tailored to various cultural dietary preferences or situational needs. There is enough food to sustain students through the weekend before returning to school on Monday.



If families are interested in signing up for the Every Meal program, reach out to your school's secretary or school social worker.

Fare for All

The Fare For All food program offers affordable groceries and packages of produce and meat for up to 40% off retail prices. They are able to bulk purchase items and partner with local farms for fresh produce. They offer value, variety, quality, and nutrition in their food packages. Everyone is welcome to use Fare For All. Credit, debit, EBT or cash payments, no checks.

When: Third Tuesday of every month from 4:00-6:00 pm

Where: Central Square Community Center
100 7th Ave N, SSP



Information on each month's packages can be found at: <https://communityed.sspps.org/about/fare-for-all>



For more family support resources or local food options visit: <https://www.sspps.org/resources>