

# ASBURY PARK SCHOOL DISTRICT

## SOCIAL EMOTIONAL LEARNING (S.E.L.) WELLNESS NEWSLETTER



### IMPORTANT DATES

**March 10, 2021**  
Delayed Opening

*Districtwide - All Buildings*

**March 12, 2021**  
7th Annual Black History  
Month Extravaganza

*Virtual - Districtwide*

**March 15, 2021**  
Interim Reports  
Distributed

*Districtwide - All Buildings*



### SUPERINTENDENT'S CORNER

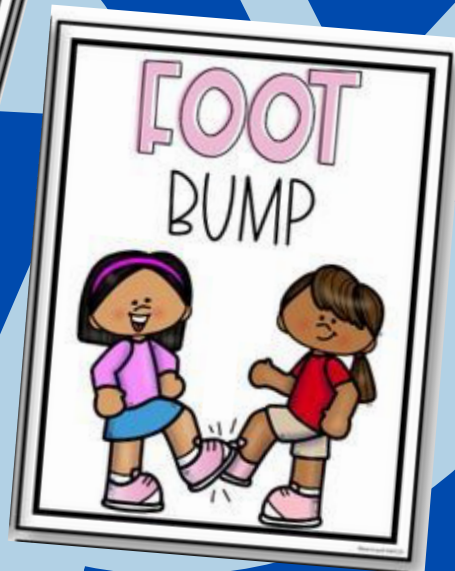
*Greetings Blue Bishop Families,*

*It is hard to believe that over half of this school year has passed! February is a special month, as it celebrates Black History Month. Such important parts of not only our community's culture and identity, but also our nation's history are honored through this month-long acknowledgement. The impact that such celebrations can have on our learners are not lost on the Asbury Park School District. Everyday is a day to recognize the backgrounds of everyone. This edition of our district's Social Emotional Learning (S.E.L.) Wellness Newsletter provides you with important information to support you and your child(ren) and shares some innovative and exciting strategies to keep developing the "whole child" for your child, in the comfort of your home. I look forward to continuing this school year with you. Stay safe and be well.*

*Respectfully  
Mrs. Sancha K. Gray,  
Superintendent of Schools*



# ASBURY PARK SCHOOL DISTRICT COMMUNITY & FAMILY RESOURCES



# OFFICE OF STUDENT SERVICES

## UPDATES FROM OUR NURSES

### IMPORTANT INFORMATION AND RESOURCES

As we continue to navigate COVID-19 as one community, please be reminded of these helpful tips:

- If your child is feeling ill, do not send him/her to school.
- Remember to fill out the **Daily Health Form** for all of your Asbury Park School District students.
- If you are in need of resources (food, coats, etc.) please reach out to your child's Guidance Counselor.

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### COVID 19 VACCINE INFORMATION

Enroll in the New Jersey Vaccine Scheduling System.

### **Pre-Register here**

For help, visit **[www.covid19.nj.gov/vaccinehelp](http://www.covid19.nj.gov/vaccinehelp)** or call 855-568-0545.

To learn more about the COVID-19 vaccination visit the **state website**.



**There is a vaccine site in Asbury Park!**

**Asbury Park Chamber of Commerce**

**Address: 1201 Springwood Ave**

**Phone Number: (732) 774-6333**

**Visit [www.VNACHC.org](http://www.VNACHC.org) to learn more about this center.**  
**The website updates daily at 1pm to schedule vaccine appointments.**



# OFFICE OF STUDENT SERVICES

## UPDATES FROM OUR NURSES

### "FEBRUARY IS *BLACK HISTORY MONTH*

&

### *AMERICAN HEART MONTH!*"

Focusing on your heart health is now more important than ever! Every February, we celebrate American Heart Month by encouraging heart health through a healthy lifestyle.

#### ***HEART-Healthy Lifestyle Tips***

*Eating healthy - Managing stress - Being physically active*

*Getting enough sleep - Aiming for a healthy weight*

### ***Family Cooking Time! HEART-Friendly Recipe Share***

## ***EASY APPLE CAKE***

#### **Ingredients (serves 9)**

- Vegetable Oil Spray
- 1 tsp. Baking Soda
- 2 cups Diced Apples (2 to 3 medium)
- ⅓ cup Unsweetened Applesauce
- 1 ½ cups Unsifted All Purpose Flour
- Egg Substitute (Equivalent to 1 Egg)
- ½ cup Raisins
- 1 tbsp. Vegetable Oil
- ¼ tsp. Salt
- ¾ cup Sugar
- 1 ½ tsp. Pumpkin Pie Spice\*
- 1 tsp. Vanilla Extract
- 1 tsp. Baking Powder



*\*To make your own spice mixture, start with 4 parts ground cinnamon, 2 parts each ground nutmeg and ground cloves, and 1 part each ground allspice and ground cardamom.*

#### **Directions**

1. Preheat oven to 350 degrees. Spray an 8 inch square cake pan with vegetable oil spray.
2. In a large bowl, combine apples and sugar. Set aside for about 10 minutes.
3. In a medium bowl, mix flour, raisins, pumpkin pie spice, baking powder, baking soda and salt.
4. Stir remaining ingredients into apple mixture.
5. Gradually stir flour mixture into apple mixture and stir again. Spread batter evenly in cake pan.
6. Bake for 35 to 40 minutes, or until a toothpick inserted in the center comes out clean.

#### *Nutritional Information*

Calories 210, Protein 3g, Carbohydrates 45g, Cholesterol 0mg, Total Fat 2g, Saturated 0g, Polyunsaturated 1g, Monounsaturated 0g, Fiber 2g, Sodium 274mg

# ASBURY PARK SCHOOL DISTRICT AMERICORPS SPOTLIGHT

During January 2021, the APSD AmeriCorps Program has been part of several new initiatives.

We hosted our first ever Virtual MLK Day Presentation that focused on maintaining healthy personal boundaries during COVID.

One of our participants was lucky enough to win a free e-gift card!

We have also started enrolling parents into the district's **Genesis Parent Portal** and have helped some of our parents "pin" Genesis as their smart phone home screen for easy access.

In addition, as the district transitioned back into a hybrid schedule, our members Breana, Jonathan, and Kevin have begun providing in-person support to our 4th-6th graders during the day and at the TLAA After-School program.



## Five Types of Boundaries

- \*Physical
- \*Emotional
- \*Intellectual
- \*Material
- \*Time

Setting boundaries  
is a way of  
caring for myself.

It doesn't make me  
mean, selfish or uncaring  
because I don't  
do things your way

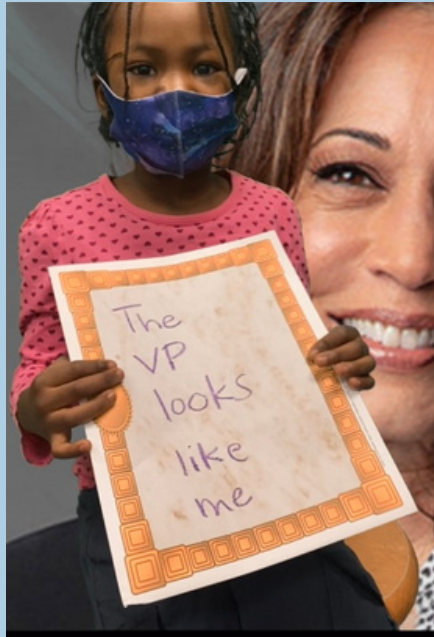
I care about me too.

*For further information about Parent Portal enrollment or how to become an AmeriCorps member please contact*

***Naomi Hogan at 732-776-2606 ext. 2435.***

*To apply to be part of our team you must be at least 18 years old. College students or graduates are preferred but anyone with a passion for service is encouraged to apply, applications are still being accepted.*

EARLY CHILDHOOD DEPARTMENT  
TIPS FROM THE PRESCHOOL  
INTERVENTION & REFERRAL TEAM



# Celebrate Black History Month

## Fun Family Activities

Learn about different Black/African American inventors [here](#).

Dress up as inspiring Black/African American heroes [here](#).

View a virtual Museum that features Black culture and art online [here](#).



*(From the Parenting Journey Team)*

# ASBURY PARK SCHOOL DISTRICT CHILD STUDY TEAM CORNER

COVID-19 has brought a crisis within a crisis.

Mental health and overall wellbeing is important for families.

**Both children and adults**, are feeling the effects of the current pandemic.

Below are some important phone numbers to keep nearby in case you or anyone else you know needs help. [#YouAreNotAlone](#)

**NJ Mental Health Cares: 1 866 202 4357**

**or Text NJHOPE to 51684**

**(7 Days/Week, 8am-8pm, Multilingual Service Available)**

**Suicide Prevention: 1 855 654 6735**

**Crisis Textline: Text NJ to 741741**

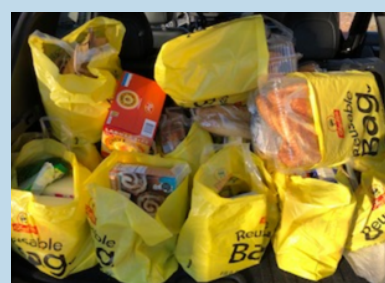


The Mental Health Association of New Jersey has listings of various counseling and support groups that anyone can join.

**Click the link below**

**to see the links and schedules for various group sessions offered.**

<https://www.mhanj.org/content/uploads/2021/01/Feb-NJHH-virtual-schedule.pdf>



**Food Resources: Fulfill of Monmouth County**

**3300 Route 66 Neptune: 732-918-2600**

Fulfill has options for English and Spanish speaking staff to assist you. You can stop by for food, no questions asked, Monday-Friday 9am-4pm. On Fridays, from 1pm-3pm, they have a weekly drive through / trunk pick up event.

There is no ID required.



## OFFICE OF STUDENT SERVICES WORDS FROM OUR STUDENT SUPPORT TEAM

### **KEY AREAS MONITORED:**

**CONTACTS-** It is essential with remote learning that contacts are kept up to date.

Attendance officers contact our students/parents through social media, text, phone, mail and home visits.



**CONNECTIVITY-** Internet access is important during this pandemic. Ensuring that our students have working equipment, attendance officers deliver chromebooks, tablets, and chargers as needed.



**ATTENDANCE-** There are many barriers for students/parents to overcome during this pandemic. It is important for students to participate in remote learning on a regular basis. We monitor student absences across all modalities- in person, synchronous virtual, and asynchronous.



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***“BRIDGING THE GAP BETWEEN  
SCHOOL AND COMMUNITY!”***

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# ASBURY PARK SCHOOL DISTRICT GREETINGS FROM GUIDANCE

## **It takes a village to raise a child.**

We are interested in learning what you and your child need during this difficult time. Please take a moment to share your feedback by completing this survey. Note, if you have children in more than one school building, please fill out a survey for each building.



### **High School (Grades 7-12)**

#### **DMLK (Grades 4-6)**

#### **BES (Grades PK-3)**

#### **TMES (grades PK-3)**

We will be offering the opportunity for our students to participate in the

## ***Transitional Coach Program.***

During these unprecedented time, a transitional coach can provide individual, group and family counseling services, consultation services, and classroom observations. **Parental consent is required.**

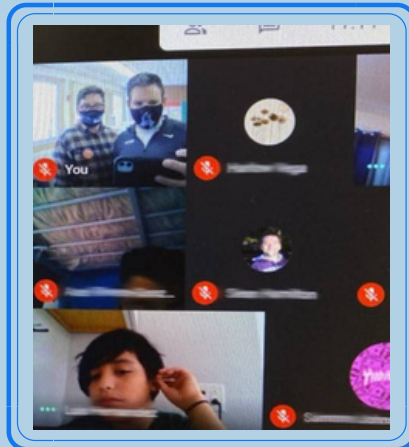
For more information please reach out to your child's building principal, school counselor, HSSC, or SAC.



## ASBURY PARK SCHOOL DISTRICT STUDENT SUPPORT TEAM

***"Students know that we are a school family  
and that they are valued."***

With hybrid learning resuming, the Student Support Team at the Asbury Park High School and Dr. MLK Jr. Upper Elementary School are checking in with students to address any of their needs. We routinely have meaningful conversations to make connections and encourage students to express their concerns, while providing them time, space, and the support to feel safe and get focused back on learning.



### ***"USING ART TO MAKE CONNECTIONS WITH OUR LEARNERS"***

Reduce stress and Tap into your "state of calm." Creating art can allow students to slow down, focus, and figure things out. Here is a fun activity to create, based on the famous African American artist Kehinde Wiley, who best known for the Presidential Portrait of Barack Obama.

[Click for Art Lesson](#)

