

One Boyertown

BASD: School Counseling, SEL, and Health & Wellness



Continuous Improvement

Over the past month, there has been a significant amount of news, publications, social media, etc. that our students and families have been exposed to that can bring about many questions, thoughts, and feelings. We have heard from our families and staff reacting to the events of racial injustice. As a school community we are united in support for all members of our Boyertown community. Together we can work to teach tolerance and end racism, discrimination, and prejudice. Many have asked, "What can we do?" As a district we have joined the Delaware Valley Consortium for Excellence and Equity (DVCEE) through the University of Pennsylvania Graduate School of Education. Membership provides opportunities for district staff to engage in inter-district collaboration, shared learning, and programming focused on continuous improvement and support of educational social justice, equity, and the reduction of achievement gaps. We encourage parents who are interested in discussing race with their children to explore resources from the [National Museum of African American History and Culture](#).



Action for Happiness July Calendar



Podcast: The Very Best Code Switch Episodes for Kids



BASD Summer Wellness BINGO



PA Dept. of Health Coronavirus Page

What is Social Emotional Learning?

SEL is how children and adults learn to understand and manage emotions, set goals, show empathy for others, establish positive relationships, and make responsible decisions (CASEL)

CASEL describes five components of social emotional learning, self-awareness, self-management, social awareness, relationship skills, and responsible decision making. Officially, **self management** is the ability to regulate one's emotions, thoughts, and values in different situations. When accomplished, individuals are able to effectively manage stress, control impulses, motivate oneself to set and work toward personal and academic goals, and display cognitive and physical organizational skills. To support the development of self management, teach your child how to calmly breath when upset, stressed, or experiencing uncomfortable emotions/situations. Taking a few minutes to calm down and relax allows the brain to change gears so that one can make more safe and responsible decisions. Share with your child that taking a few deep breaths can help them feel calm and relaxed. There are a number of different breathing techniques that can be used. This [calm breathing techniques](#) lesson geared towards younger students outlines balloon breathing, flower breathing, and blowing bubbles. For older children, teens, and adults try [square breathing](#).



<https://www.drpraeseributra.com/single-post/2017/09/23/5-Skills-For-Children-to-Master-the-Ultimate-Self-Management>

"YOU MUST HAVE LONG-RANGE GOALS TO KEEP YOU FROM BEING FRUSTRATED BY SHORT-RANGE FAILURES."

Charles C. Noble

- [Self Management Video](#)- this video provides a nice overview of self-awareness and why it is important to cultivate in children.
- [Confident Parents, Confident Kids](#)- this website contains a wealth of resources for parents actively supporting social and emotional development.
- [Roots of Action, Goal Setters often Become Peak Performers](#), provides parents and teachers with information and research on the positive benefits of goal-setting and offers steps to help children and teens become goal-setters.

From our District Health Room

- ▶ [2020-2021 Kindergarten Registration Information](#). Help us prepare for your child by registering today!
- ▶ **Physical Examinations- Required upon original entry (kindergarten or first grade), 6th, and 11th grades.** Examinations done by a family physician within one year prior to entry into the grade where an examination is required and recorded on a state form are acceptable by state regulations. Forms can be obtained through the health room or by downloading the [Physical Exam Form](#).
- ▶ **Dental Exams- Required upon original entry (kindergarten or first grade), 3rd, and 7th grades.** Parents are advised to have these examinations done by their family dentist because he/she is familiar with the child's past dental history and is prepared to provide any necessary treatment. Examinations done by a family dentist within one year prior to entry into the grade where an examination is required and recorded on a [state form](#) are acceptable by state requirements.
- ▶ [Help Stop the Spread](#)- PA Department of Health offers suggestions on how to stop the spread of COVID-19.

*We Continue to offer Resources for a Safe and Health COVID-19 PA **GREEN** Experience*

Wellness and Self-Care for Families, Students, & Teachers

- **Community Health and Dental Care-** Located in the Coventry Mall, Community Health offers medical, dental, vision, OB/GYN, behavioral health, & pharmacy services to the community regardless of patient's insurance status. 610-326-9460
- **The Center for Loss and Bereavement-** The Center for Loss and Bereavement in Skippack provides meaningful connection and restorative guidance for those impacted by grief. The center offers groups for both adults and **young people**.
- **Boyertown Multi-Service-** Located at 200 West Spring Street, this local resources offers many supports to the community, over and under 60 case management, a community food pantry, medical transport, and a range of other resources.

Mental Health

- **Creative Health Services-** provides counseling and behavioral health services for adults and children in Berks and Montgomery Counties. Click **here** for a comprehensive brochure of services offered from Creative Health and contact information.
- All **KidsPeace's** outpatient locations in Lehigh offer free walk-in mental health assessments by clinically trained professionals - no appointment needed! The assessments allow for fast evaluation of mental health condition and if needed crisis intervention. The service is available during business hours at these locations:
 - **801 E Green Street** (across from Dieruff High School) 610-799-8910
 - **451 W Chew Street**, Suite #105 (St. Luke's Sacred Heart Hospital Campus) 610-799-7100
 - **KidsPeace Broadway Campus Family Center** (1620 Broadway, Bethlehem) 610-799-8600
- **The Department of Human Services (DHS)** and the Center for Community Resources (CCR) created a new **Statewide Support & Referral Helpline**. It is available 24/7 to respond to those struggling with anxiety and emotions due to the COVID-19 emergency. The Mental Health Support Line can be reached **toll-free, 24/7 at 1-855-284-2494** from anywhere in PA.
- **Mobile Crisis-** to speak with a mental health crisis worker:
 - Berks County**, Service Access Management @ **610-236-0530**
 - Montgomery County** Mobile Crisis @ **1-855-634-4673**
- **Safe 2 Say Something** -if you have concerns about another individual who may be in crisis, you can access Safe 2 Say by calling **1-844-723-2729** , using the **Safe 2 Say APP**, or by visiting <https://www.safe2saypa.org/>