



Wellness Wheelhouse

VOL. 2

09/2022

September is National Suicide Prevention Month

START THE CONVERSATION. Suicide Prevention Month is a time to raise awareness to this stigmatized topic. Together, we can stand up and speak out to raise awareness and promote life-saving conversations. You can begin the conversation by asking who would you contact if you, or someone you know, were having thoughts of suicide.

Islip Goes Purple

September 1 starts a month-long initiative in effort to unite The Town of Islip in recognizing Suicide Prevention Month as well as raise awareness for mental health and/or substance use disorders and celebrate those in recovery.

REMEMBER: THERE ARE LICENSED MENTAL HEALTH STAFF IN EACH BUILDING!



The Connetquot School District Social Workers wore purple on September 1st to show their support.

IF YOU OR SOMEONE YOU KNOW NEEDS HELP

Dial: 988

for the National Suicide Prevention Hotline

District Events

October is National Bullying Prevention Month Be ALL IN Against Bullying!

A District-wide Anti-Bullying Poster Contest is happening now! Winners will have their submission showcased all October long during National Bullying Prevention Month.

Submissions Due: Friday, September 23

Upcoming Parent University Screenagers: The Next Chapter

Join us on November 2nd at 6:30 PM in the OBMS auditorium for a live viewing of this informational movie which examines the struggles of emotional well-being in our current screen-filled society while discussing solutions for improved adolescent well-being.

Register: <https://ccsd.eventcombo.com>

United We Stand For A Drug-Free Community October 24th through 28th

This special week parallels Red Ribbon Week, the nation's largest drug-use prevention campaign. Join us in taking the pledge to remain a united front against substance use.



School Happenings

Drug and Alcohol Task Force

CHS Assistant Principals Brian Dolan and Joseph Modica have joined forces and are in the initial phases of creating the task force. Efforts will focus on developing drug and alcohol awareness programs for our school community.

Mental Health Awareness

New to our website is the Mental Health tab filled with key resources, informational videos, and much more. To access this section once on the district website, click "District" then scroll down to "Mental Health Resources".

CHS Mindfulness Rooms

HS Students: The Mindfulness Room is back again this school year. This space is designed to create a calming and stress-free environment to promote emotional awareness. Here you practice your coping skills and learn new calming strategies. Ask your social worker for a tour.

Meet the Wellness Staff

contact the front office of your child's building to be connected

School Counselors

OBMS

Mrs. Coffin
Mrs. Harned
Mrs. Zabbia

RMS

Mrs. DiMaio
Ms. Justino
Ms. Vassallo

CHS

Ms. Albert
Mr. Buderman
Mr. Clark
Ms. Jaquez
Mr. Quiroz
Ms. Turner
Ms. Ulrich

Director of Student

Services

Joanne Pisani

Director of Special Education

Laurie O'Hara

Director of Guidance

Jessica Yawney-Kohler

Psychologists

Bosti

Ms. Handler

Cherokee

Ms. Calabrese
Ms. Gondre

Duffield

Dr. Ramonetti

Idle Hour

Dr. Steblai

John Pearl

Dr. Fahey

Slocum

Dr. Masi

Sycamore

Dr. Pope
Dr. Steblai

OBMS

Dr. Moreland
Mrs. Wickers

RMS

Ms. Ames
Ms. McDonald

CHS

Dr. Hammel
Ms. Huguenin
Dr. Lindell
Dr. Viollis
Dr. Razov

Social Workers

Bosti

Mr. McGuckin

Cherokee

Mr. LeWinter
Mrs. Passero

(Long-Term Sub) Ms. Aviles

Duffield

Ms. Gugliuzzo

Idle Hour

Mrs. McNally

John Pearl

Ms. Fuller

Slocum

Mrs. Desz

Sycamore

Mrs. Michelsen
Ms. Palazzolo

OBMS

Ms. Folbert

RMS

Mrs. Nofi

CHS

Mrs. Coogan
Mrs. Malinowski
Mrs. McAlpine
Mrs. Monahan

District-Wide

Mrs. Fernan (Formally Ms. DeLisa)

Nurses

Bosti

Ms. Gabel
Ms. Koster
Ms. VanVleck

Cherokee

Ms. Connors
Ms. Snider

Duffield

Mrs. Walters

Idle Hour

Ms. LoBosco

John Pearl

Ms. Dolan

Slocum

Ms. Velardi

Sycamore

Ms. Antico

OBMS

Ms. McMurray
Ms. Tasso

RMS

Ms. Maskin
Ms. Werner

CHS

Ms. DiSanto
Ms. DiStefano
Ms. Klass
Ms. Longo
Ms. Manno



Summer Highlight

For the first time, Connetquot offered both caregivers and students the opportunity to attend six Summer Wellness Workshops by four outstanding agencies. *Thank you* to our guest speakers and for all that participated.

Workshops

- Suffolk County PD: Digital Wellness
- Family Service League: Age Related Stressors
- Cohen's Children's Center: Mindfulness
- Dr. Dewey: Adolescent Addiction

A special thanks to Alise Pulliam, the IT Staff, and OBMS for making these workshops possible.

Mental Health Matters

Self Care: Why Does it Matter?

Self care has been clinically proven to reduce or eliminate anxiety and depression. It can help to manage stress thereby improving energy and concentration. A self-care routine doesn't have to be strenuous, just a few minutes each day can have a significant impact!



need ideas?

- Listen to your body and rest when you need to. Have trouble sleeping? Fresh cherries contain natural melatonin, a substance that helps to regulate our sleep-wake cycle for more impactful rest. 🍒