

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 lifesaving conversations. You can begin the conversation by asking who would you contact if you, or someone you know, were having thoughts of suicide.

IF YOU OR SOMEONE YOU KNOW NEEDS HELP

Dial: 988

for the National Suicide
Prevention Hotline

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.

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

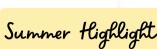
contact the front office of your childs's building to be connected

	contact the	Tront office of your childs 3 bi	bilding to be conne	ctea
School Counselors	<u>Psychologists</u>	Social Workers	Nurses	0
<u>OBMS</u>	<u>Bosti</u>	<u>Bosti</u>	<u>Bosti</u>	Thank you -
Mrs. Coffin	Ms. Handler	Mr. McGuckin	Ms. Gabel	E far all you
Mrs. Harned Mrs. Zabbia	<u>Cherokee</u> Ms. Calabrese	<u>Cherokee</u> Mr. LeWinter	Ms. Koster Ms. VanVleck	E da C
<u>RMS</u>	Ms. Gondre	Mrs. Passero	<u>Cherokee</u>	
Mrs. DiMaio	<u>Duffield</u>	(Long-Term Sub) Ms. Aviles	Ms. Connors	
Ms. Justino	Dr. Ramonetti	<u>Duffield</u>	Ms. Snider	Summer Highl
Ms. Vassallo	<u>Idle Hour</u>	Ms. Gugliuzzo	<u>Duffield</u>	For the first tim
<u>CHS</u>	Dr. Steblai	<u>Idle Hour</u>	Mrs. Walters	Connetquot offered
Ms. Albert Mr. Buderman	<u>John Pearl</u>	Mrs. McNally	Idle Hour	caregivers and stu
Mr. Clark	Dr. Fahey	John Pearl	Ms. LoBosco	the opportunity
Ms. Jaquez	Slocum	Ms. Fuller	<u>John Pearl</u>	attend six Sumn
Mr. Quiroz	Dr. Masi	<u>Slocum</u>	Ms. Dolan	Wellness Worksho
Ms. Turner	<u>Sycamore</u>	Mrs. Desz	Slocum	four outstandir
Ms. Ulrich	Dr. Pope	<u>Sycamore</u>	Ms. Velardi	agencies. <u>Thank yo</u>
	Dr. Steblai	Mrs. Michelsen	<u>Sycamore</u>	our guest speaker for all that particip
<u>Director of Student</u>	<u>OBMS</u>	Ms. Palazzolo	Ms. Antico	
<u>Services</u>	Dr. Moreland	<u>OBMS</u>	<u>OBMS</u>	WorkshopsSuffolk County PD:
Joanne Pisani	Mrs. Wickers	Ms. Folbert	Ms. McMurray	Wellness
Director of Special	<u>RMS</u>	<u>RMS</u>	Ms. Tasso	Family Service Leagu
Education	Ms. Ames	Mrs. Nofi	<u>RMS</u>	Related Stressors
Laurie O'Hara	Ms. McDonald	<u>CHS</u>	Ms. Maskin	 Cohen's Children's (Mindfulness
Director of Guidance	CHS	Mrs. Coogan	Ms. Werner	Dr. Dewey: Adolesce
Jessica Yawney-Kohler	Dr. Hammel	Mrs. Malinowski	<u>CHS</u>	Addiction
	Ms. Huguenin	Mrs. McAlpine	Ms. DiSanto	A special thanks to Alise

Mrs. Monahan

District-Wide

Mrs. Fernan (Formally Ms. DeLisa)



ne, ed both udents y to mer ops by ing ou to rs and pated.

- Digital
- gue: Age
- Center:
- cent

se Pulliam. the IT' Staff, and OBMS for making these workshops possible.

Mental Health Matters

Dr. Lindell

Dr. Viollis

Dr. Razov

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?

Ms. DiStefano

Ms. Klass

Ms. Longo

Ms. Manno

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 sleepwake cycle for more impactful rest. 🦒