



Social Work Newsletter

Supporting our elementary students
from a distance



Welcome!

Providing you with resources to maintain positive well-being from home.

During these challenging times, we acknowledge the tremendous efforts from our schools and community. Parents have stepped up to the plate by collaborating with teachers to provide the best education possible. Mental health wellness is an additional element within the school system that can be supported at home in small ways. We are here to continue making that possible through a new platform.

Coping

1

PRACTICE GRATITUDE

Make a list of 3 things you are grateful for.
Try this for 3 days.

Skill

2

BREATHE

Breathing & Meditation
[Click Here for a Free Download](#)

Tips

3

PHOTOGRAPHS

Look at feel good pictures with a family member.

WEBSITES



Bari Koral

Enjoy FREE Mindfulness & Yoga videos.

[Link Here](#)



PBS Kids

Check out PBS Kids for parents.

[Link Here](#)



Massapequa's Technology Resources

Check out the list of resources provided by our public school system.

[Link Here](#)

The KEY is Connection

During this time where we are all adjusting to life “at a distance” it becomes even more critical to maintain our social connections with others.

Our children are missing their friends and frankly so are we. We know that social contact has been proven to boost moods and maintain mental health in times of crisis and uncertainty. We may need to get a little creative, but we can certainly all find new ways (or rediscover some old!) of communicating. We have wonderful opportunities right now to have meaningful, quality contact with family and friends at our fingertips.

PICK UP THE PHONE

Reach out and say hello. Be fully present in a brief conversation or a long one. Avoid distractions and pay attention just as you would if you were sitting face to face.

VIRTUAL PLAYDATES OR GATHERINGS

We are fortunate to have technology to help us connect. You can have a playdate, lunch date, a dance party, book club, or even a game night.

HAVE A VIDEO CHALLENGE

This can be with a sport-related activity (I.e. video how many juggles you can get for soccer, free throw **challenge** for basketball), a dance off, or a baking challenge of sorts.



CONNECT VIA TEXT OR EMAIL

Send a message saying hello, share a joke, send a funny video or picture.

LETTERS AND CARDS

Write an old-fashioned letter or create an original card or picture and send it via text or email.

CELEBRATE MILESTONES

Get creative celebrating birthdays or other special events. Acknowledge a special day or schedule a virtual cake and candles celebration.

PLAYING GAMES

Let your imagination run free. Board games, video games, chalk, crafts, and puzzles are all endless ways to make the day fun. Now is the time to get creative.

Eventually we will all return back to school and jobs and busier schedules, but we will hopefully be able to carry over some of these simpler times of family and friendship that we are all trying to embrace right now.

For any questions, concerns, or support, please contact your elementary school social worker.

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