



WSCC

WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD. NEWSLETTER



May | 2025

MAY IS MENTAL HEALTH AWARENESS MONTH

May is here, bringing sunshine and summer countdowns. While it is a more eventful time of year, it can also feel overwhelming. This month is Mental Health Awareness Month, and serves as a gentle reminder to hit pause, take a breath, and remember that your mental well-being matters just as much as your to-do lists.

Taking care of your mental health can be as simple as taking a deep breath between tasks, stepping outside for two minutes of sunshine, or sharing a laugh with a friend, family member, or colleague. Let's remind ourselves—and each other—that mental wellness matters. We're sharing simple ways to make an impact in your school, your community, and at home—as a parent or guardian.

You can find more resources on how to raise awareness about the importance of mental health with your loved ones and the young people in your life at [SAMHSA](#) or [HMH Education](#).



SIMPLE WAYS TO MAKE A BIG IMPACT



For Schools

- Wear Green Day to show support.
- Morning Mindfulness Moments to start the day calmly.
- “Be Kind to Your Mind” Bulletin Board with student art and affirmations.
- Mental Health Pledge Wall for staff and students.



For Students

- Kindness Notes to share with classmates.
- Create a Calm Kit with stress-relief tools or positive quotes.
- Journaling Prompts like “What helps me feel better?”
- Art or Video Projects to express emotions and support.



For Parents

- Weekly Wellness Tips in school emails or newsletters.
- Family Wellness Calendar with simple daily check-ins or screen-free time.
- Mental Health Resources Sheet with hotlines, apps, and local support.



YOUTH ADVISORY BOARD SPOTLIGHT



On Parent Day at Joseph H. Brensinger, PS17 in Jersey City, the WSCC School Health Team brought fun and valuable resources for everyone. Students and parents explored how WSCC supports their school community, signed up for the newsletter, and learned how 8th graders can join the Youth Advisory Board. Younger attendees got creative, building what makes them happy with play dough and earning prizes. It was a rewarding day filled with sunshine, engagement, and plenty of smiles.



Sussex County Technical School's Youth Advisory Board members took action to promote safe choices ahead of prom season! While wearing alcohol and marijuana impairment goggles—tools that simulate the effects of being under the influence—students played a series of games that tested their motor skills and coordination. From trying to catch a ball and spot red blinking lights to assembling a puzzle designed for toddlers. What they quickly learned: you can't function normally while using substances, which can seriously impact your ability to drive and make decisions. We appreciate all the YAB members who participated and helped raise awareness about the risks of impaired driving, especially during prom season when safety is more important than ever.



@YAB_NNJ

REACH OUT TO RACHELK@CENTERFORPREVENTION.ORG FOR MORE INFORMATION ON HOW YOUR STUDENTS CAN GET INVOLVED WITH CFPC'S YAB!

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THE CENTER
FOR PREVENTION & COUNSELING

NJHealth
New Jersey Department of Health
Family Health Services

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