



# Whole School, Whole Community, Whole Child

## Back to School Resource Guide

It's hard to believe that October is almost here and a new school year is already underway. Only 6 months ago schools had to close their doors and everyone opened their Chromebooks from home in order to adapt to the world around us. We have seen schools become innovative in helping students and their families from a distance and we know this school year will be no different. As always we are here to help. Please use this resource guide as a tool to help educators, parents, and students kick off the new school year on the right foot and make it a successful one!

-The CFPC School Health Team

### For the Educator:

*\*follow the hyperlinks to great resources!*

- [Reunite, Renew, Thrive: SEL Road Map for Reopening School](#)- a comprehensive free toolkit for educators that focuses on SEL in the times of COVID-19.
- [Move This World: SEL Planning for Re-Entry](#)- a free downloadable toolkit for schools.
- [Pure Edge](#)-a website packed with distance-learning resources for educators who make a free account.
- [Big Life Journal Fundraising Guide](#) - Do you love Big Life Journal as much as we do? Here's a step-by-step guide to help you raise funds to supply each student with a journal.
- [SEL4NJ](#)- a website that is committed to the importance of developing students' social and emotional competencies through a plethora of SEL webinars.
- **Games to Play on Zoom:**



## For the Parent:

*\*follow the hyperlinks to great resources!*

- [Big Life Journal: Back to School Care Package](#)- tips, ideas, and tools for parents and children returning to school, homeschool, or anything in between.
- [Big Life Journal: My Goal Rocket](#)- A goal setting activity for kids to complete in-between virtual-learning sessions.
- [PBS: Back to School Web Page](#)- PBS offers tips, tricks, and articles for parents all on one comprehensive website.
- **How to use Google Classroom For Parents:**



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## For Everyone:

*\*follow the hyperlinks to great resources!*

- [fitBoost: Activity Generator and Timer](#)- not only does this website have its own activity generator, but it's loaded with videos, games, lessons, and other activities too!
- [Big Life Journal: Try New Thing Bingo](#)- When we try new things our brain GROWS bigger! Here's a fun game to help get excited about trying new things!"
- [17 Apps to Keep Kids Focused](#)-Need help organizing your kid's chores? There's an app for that. Creating good habits? Got you covered. There's even an app to help you not use other apps! Having a hard time staying focused during work, school and virtual learning? Common Sense Media has got you covered with this inclusive list of helpful apps that are sure to assist in all things focus!
- **Online Learning Tips for Students:**

## → CREATE A WORKSPACE



#1

Choose one spot that will be your "SCHOOL"



#2

Make sure it is quiet, or use noise cancelling headphones.



#3

Make sure it is well lit.

POWTOON

## WholeLifeNJ- Eat, Play, Parent

Check out our ["WholeLife NJ"](#) App- your perfect healthy living, one stop shop, application! Developed by the School Health Specialist Team at The Center for Prevention and Counseling (CFPC) in Newton, NJ under the New Jersey Department of Health Whole School, Whole Community, Whole Child initiative. This app is an accumulation of resources in the areas of healthy meals, active living, important health topics and parenting tips and tools presented to you on one user-friendly platform. The app uses videos, articles, and interactive tools to deliver information in a multitude of ways. With the assistance and expertise of statewide agencies, EmpowerSomerset and AtlantiCare, The CFPC School Health Specialist Team ensures that the WholeLife NJ app is updated weekly providing users access to the most current and useful information right at their fingertips!

