



WSCC

WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD.

Newsletter



SEPTEMBER | 2025

STARTING THE SCHOOL YEAR STRONG

The start of a new school year can be exciting, new classes & teachers, seeing old friends and making new connections. Yet it's normal for it to also bring stress. According to [Understood.org](https://www.understood.org), over half (53%) of parents of children under 18 agree that back-to-school season is the most stressful time of year. The good news? With the right guidance, students can manage stress and thrive. To help children navigate the school year positively, [experts recommend](#) these strategies:

STRATEGIES

- **Keep routines consistent:** regular sleep, meals, and downtime help students stay focused.
- **Give credit for effort, not just grades:** noticing when kids stick with something and work hard helps them feel confident.
- **Stay connected:** talk about school experiences and feelings to show support.
- **Provide mental health resources:** access to school counselors, support groups, or online tools can help students manage pressure.

With a little support, routine, and understanding, students can tackle the school year feeling confident, balanced, and excited. Happy 2025-2026 school year to all!

SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

Teens can feel stressed, anxious, or overwhelmed at times, and that's normal. Even a simple check-in, listening, or showing you care can help teens feel seen and supported.

[Support and Resources for Youth](#)



- 2ND Floor Youth Helpline: (ages 10-24, 24/7) Call or Text 888-222-2228. Confidential support from trained staff and volunteers.
- 988 Suicide & Crisis Lifeline: Call or text 988
- Prevent Suicide NJ: preventsuicidenj.org

WELCOME OUR NEW GRANTEE SCHOOLS!

We are excited to welcome three new schools to the School Health NJ Project!

PATERSON TECH HIGH SCHOOL

JOSEPH A. TAUB ELEMENTARY SCHOOL

BERGEN ARTS & SCIENCE CHARTER SCHOOL

They will join five other Northern New Jersey schools that are already working to improve the health and well-being of students and staff, physically, mentally, emotionally and socially, while creating safer and healthier school environments.

Using the Whole School, Whole Community, Whole Child framework, these schools will promote wellness, strengthen school wide support, and connect students to community resources. We can not wait to see the positive impact on all students, staff and communities!

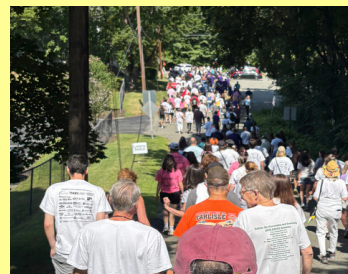


YOUTH ADVISORY BOARD SPOTLIGHT



On July 28, the NJDOH Child and Adolescent Program hosted a Summer of Growth training at the Chauncey Hotel & Conference Center in Princeton. The Lindsey Meyers Teen Institute facilitated the day, helping participants explore new ways to strengthen adult/teen connections and enhance youth programming. Several NNJ YAB members were in attendance and then shared their experience during the August YAB meeting.

On August 2, YAB member Lily, who also holds the title of Miss Franklin, represented youth voice at the 11th annual Changing the Face of Addiction Walk, where more than 550 participants raised over \$61,500 to support the Center for Prevention & Counseling's youth, family, and recovery programs. The event also marked the Center's 50th anniversary, celebrating five decades of prevention and recovery work in Sussex County, NJ.



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

**WHOLE SCHOOL
WHOLE COMMUNITY
WHOLE CHILD**



THE CENTER
FOR PREVENTION & COUNSELING

NJHealth
New Jersey Department of Health
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COMMENTS & QUESTIONS: EMAIL TAMARA@CENTERFORPREVENTION.ORG