

CAP Counselor's Corner

Community Academy of Philadelphia EST news, VOL. 2 issue 1

Dear CAP families,

Welcome to the 2020-2021 school year! While this year is starting off like no other, we look forward to an exciting new school year. The Emotional Support Team (EST) is dedicated to providing the best support to our students to ensure academic success as well as social and emotional growth.

EST is excited to be putting out the first Counselors Newsletter of the school year and thought it would be a perfect time to introduce our department and what our role is here at CAP! We will also be sharing lots of interesting and important information about mental and physical health.

We would like to begin with telling you a little about us. In 1980, our founder, Mr. Joseph Proietta, took over Community Voyage, a school set to close that year. He relocated in 1981 and changed the name to Community High School (CHS). The school began with four dedicated teachers and sixty-three students. Many of the students were referred from multiple residential and non-residential treatment programs, youth counseling centers and social service agencies. CHS was able to offer small class sizes and "while focusing on the education of these students, the faculty also devoted substantial amounts of time to helping the children develop and excel emotionally in society." Mr. Proietta recognized that many students were struggling academically because of the personal and social struggles they were facing outside of school. As the school grew it became evident that they would benefit from additional specialized support staff that could focus on the emotional and social issues. Initially, the team consisted of a school counselor and social worker. As the years passed, the need for emotional support grew and the Emotional Support Team was formed.

Now, 22 years later, the EST consists of a consulting psychiatrist as well as several mental health counselors and social workers dedicated to helping its students to understand their feelings, empower them to address their struggles so they can take control of them and make positive changes to their behavior. As with our founder's vision, the Emotional Support Team continues to work towards our mission: "...dedicated to responding to the social and emotional needs of the children who attend our school. EST addresses issues that have personally affected students and that might prevent them from having a positive school experience. The goal is to provide a safe, supportive environment where students may express themselves and address their concerns".

Again, welcome back to school and as always, if you need any extra support during this time, please feel free to reach out to your child's counselor at any time. If you are unsure of who to reach out to, please refer to the counselor's list.

Best regards,
The Emotional Support Team

Find your Child's Counselor:

Karen Boyle, Elementary School Clinical Counselor,
5th-8th kboyle@communityacademy.org

Rebecca Keil, Elementary School Counselor,
K-4th rkeil@communityacademy.org

Lisette Rivera, High School Clinical Counselor,
9th-12th- bilingual
lriviera@communityacademy.org

Morgan Arbogast, ES & HS Clinical Counselor,
5th – 12th
Marbogast@communityacademy.org

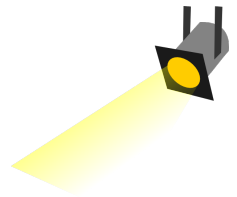
Danielle Robinson, HS Therapist,
9th – 12th
Darobinson@communityacademy.org

Julissa Lora, Social Worker and Truancy Officer,
K-12- bilingual
jlora@communityacademy.org



Counselor Spotlight

Say hello to Ms. Keil



Hi everyone! My name is Rebecca Keil and I am the K-4th grade School Counselor. I started working at CAP in June 2016. I was welcomed quickly into the CAP family by all the supportive staff and friendly students. Although I work primarily with our K-4th students, I also work with 5th-8th grade students as well. I love meeting with students individually, in groups, and helping them resolve conflicts with peers.

I am originally from Kennett Square, PA. I earned my bachelor's degree from Bloomsburg University and then went on to get my Master's degree in School counseling from West Chester University. I loved my college experience and it helped me shape who I am today!

Outside of my time at CAP, I enjoy spending time with my friends and family. During the summer I try to spend as much time as possible on the beach. My favorite thing about being a part of the CAP family is being able to create relationships with all the students and families!

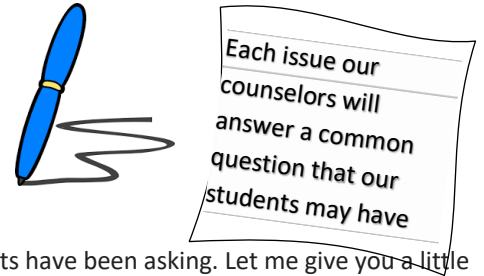
Truancy Reminders

Attendance will be taken daily. Students must submit their attendance form no later than 10:30am. If form is not received, students will be marked absent. The attendance form can be found in the student's google classroom. All truancy procedures will be followed for any student with 3 or more illegal absences (to view CAP's truancy policy, please see page 24 in the student handbook).

Need reliable internet services? Contact Julissa Lora 215-533-6700 for more information on how to apply for Comcast Essentials.

Dear counselor...

Question: Dear counselor, I feel like I need to talk to someone. Can you tell me a little bit about what services my school offers?



Answer: Hi student, this is a really good question and something that many of our students have been asking. Let me give you a little bit of information about the CAP Emotional Support Team.

What services does the Emotional Support Team (EST) provide?

We provide preventive and intervention services, which are integrated into all aspects of children's lives. Counselors provide appropriate tools for communicating, making decisions, and developing friendships and coping skills. Counselors facilitate individual counseling, *small group counseling* and providing emergency *short-term counseling* intervention during a personal crisis, when needed. In addition, counselors work collaboratively with parents to help their student succeed in their classrooms as well as with personal and social development. We also provide referrals for community resources.

How can I get referred to see a counselor?

You can see a member of the Emotional Support Team via self-referral, parental request and/or teacher referral.

How do my parents contact the counselor?

Parents are invited to contact the EST Counselors at any time via phone or email regarding their child. We can discuss your concerns over the phone or we can schedule a meeting time.

How long does the school counselor see me?

Sessions may be held on a regular/ongoing basis or simply as needed.

How do I get referred for outside services?

The role of the EST is to assist children during their school day. This may include issues with friends, test anxiety, social issues, and problems at home that are affecting their school day. When there are difficulties at home (i.e. divorce, death of a loved one, deployment) that are not affecting the child at school or are affecting the child greatly at school there are times when outside, private counseling may be necessary. We may recommend outside counseling. If you decide private counseling is necessary for your family, we can provide information regarding local counseling agencies.

What is confidentiality?

Confidentiality is an important aspect of counseling; this is how the counselor builds trust with the student. What a student says during counseling is to remain between the counselor and the student unless: 1. The student is in imminent danger. 2. The student is threatening to harm him/herself or someone else. 3. The student reports an incident of abuse and/or neglect. 4. The student gives permission to disclose. When a breach in confidentiality is necessary, we would make a report to the appropriate agencies, support staff and/or parents depending on the situation. Note: EST counselors and other school faculty and staff members are mandated reporters. Mandated reporters are required by law to report to Childline any time a student is suspected of being in danger.

What topics do you cover in groups?

Group topics are determined based on the need of the small group. Some topics may be, but are not limited to: affect management, social skills group, friendship group, and grief support group.

Am I in trouble if I see the EST Counselor?

When you meet with an EST member it does not mean you have been referred because you are in trouble or "bad." In fact, a counselor is an adult who acts as the student's advocate! An advocate is someone who wants to listen to what you have to say and help you come up with reasonable solutions to making their situation better. It does not mean that the counselor can solve the problem, but it does mean that you have a safe place to go to in order to discuss your concerns.

MENTAL HEALTH TOPIC OF THE MONTH:

Anxiety & Mindfulness

Anxiety is intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. You may avoid places or situations to prevent these feelings.



Mindfulness is an awareness that is sensitive, open, kind, gentle and curious. Mindfulness is a basic human capacity and a process that leads to a mental state characterized by nonjudgmental awareness of the present experiences. It enables us to distance ourselves from our thoughts and feelings without labeling them as good or bad.

There is no big secret behind mindfulness practices. Any activity can become mindful by focusing on the experience of the present moment. For example, you can either mindlessly gobble down your meal or take a little bit of time and practice mindful eating by looking at the food, smelling the food, noticing the different flavors and the texture of the food while slowly eating it. Not surprisingly, it is much more enjoyable and satisfying when you eat mindfully than when you eat mindlessly. Interestingly, you will also notice that you will consume less when you start eating mindfully”.

Practice mindfulness in your everyday activities:

- **Practice by being non judging:** Accept your thoughts for what they are, thoughts. Try not to judge or figure out why you are having them.
- **Practice during routine activities:** Try bringing awareness to the daily activities you usually do on autopilot.
- **Let your mind wander:** “Your mind and brain are natural wanderers” when you notice that your mind has wandered, in a non-judgmental, loving, and gentle way— bringing it back.
- **Keep it short:** Our brains respond better to bursts of mindfulness so being mindful several times a day is more helpful.
- **Practice mindfulness while you wait:** In our fast-paced lives, waiting is a big source of frustration. While it might seem like a nuisance, waiting is an opportunity for mindfulness. When you’re waiting, bring your attention to your breath and focus on “the flow of the breath in and out of your body, from moment to moment and allow everything else to just be, even if what’s there is impatience or irritation”.
- **Practice meditation:** The best way to cultivate mindfulness in everyday life is to practice and be trained in meditation. Meditation helps us tap into mindfulness with little effort.

Community Academy of Philadelphia, CS Student Resources

We care about you and want to make sure you have the supports you need to be successful in school and in life. CAP has an in school emotional support team of counselors and social workers ready to assist. You can contact one of them for guidance and support. Still need more? Here are some outside supports in the community that can help:

Crisis Response Center:

Worried you might hurt yourself or someone else?

Philadelphia Children's Crisis Response Center

3300 Henry Avenue
Falls Center 2, Suite 3N
Philadelphia, PA 19129
215-878-2600

Outpatient Mental Health Support:

Feeling sad, nervous or angry and need to talk to someone about it?

PATH

8220 Castor Avenue
Philadelphia, PA 19152
215-728-4565

Cora

8540 Verree Road
Philadelphia, PA 19111
215-342-7660

Northeast Treatment Centers

499 North 5th Street, Suite A
Philadelphia, PA 19123
215-408-4944

Warren E Smith Community Mental Health Center

1315 Windrim Avenue
Philadelphia, PA 19141
215-456-2737

Drug and Alcohol Inpatient/Outpatient Support:

Concerned you are becoming dependent on drugs or alcohol?

The Bridge

1100 Adams Avenue
Philadelphia, PA 19124
215-342-5000

Sexual abuse or assault Supports:

Do you have a history of sexual abuse or assault?

WOAR

1617 JFK Boulevard Suite 800
Philadelphia, PA 19103
215-985-3315

LGBTQ Specific Supports

Would you like to be connected to a space that is supportive of LGBTQ Youth?

The Attic Youth Center
255 South 16th Street
Philadelphia, PA 19102
215-545-4331

Ideas, questions, or topics you want covered in the next newsletter??? Reach out to any member of our Emotional Support Team to see what topic will be highlighted in the next issue!

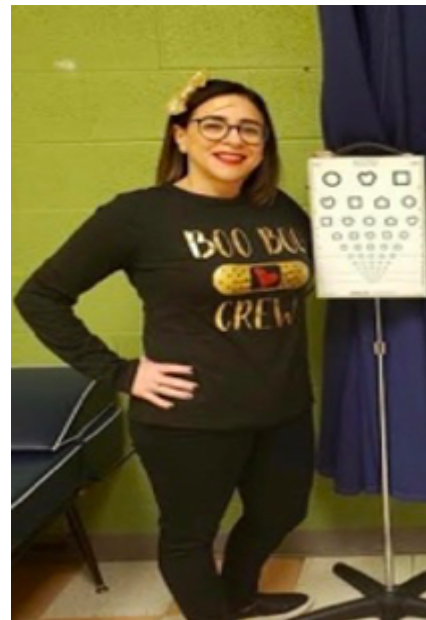
CAP Lisa's Place Health Office



MEET THE NURSE:

Hi CAP Family. My name is Natalie Morales and I am the school nurse. I've been a member of the Health Office since October of 2015. I am the school nurse for students in grades K-12. As your child's school nurse, I support the students by providing health care through assessment, intervention and follow-up. Health promotion and health prevention is a key goal through providing prevention services (screenings), identifying problems in the earliest stages and overseeing interventions and referrals as a way to foster health and ensure educational success.

I was born and raised in North Philadelphia and earned my Bachelor of Science in Nursing from LaSalle University in 2010. I am a certified school nurse and received my certification from LaSalle University in 2017. Prior to joining CAP, I worked as a home care nurse and cardiac nurse in a hospital setting. I am currently attending Gwynedd Mercy University and will graduate in May of 2022 with a Master of Science in Nursing as a Pediatric Nurse Practitioner.



In my leisure time, I love spending time with my husband, three daughters and dog. I enjoy having friends and family over for BBQs and a fun game of badminton. My favorite place to be is by a beach with my feet in the sand. I hope you enjoyed your summer!

I am so excited and looking forward to supporting our CAP students this year.



CONTACT ME!

Natalie Morales, School Nurse

nmorales@communityacademy.org

What's new?

Here at CAP our student's health and safety is a top priority. With that in mind CAP is partnering with **Kinsa FLUency School Health Program** for the 2020-2021 school year. The FLUency program connects parents and the health office on issues of student health, enabling quicker detection of spreading illness and rapid response to help keep students well in class. CAP has been accepted to join the program. Each family will receive a free FDA-cleared Kinsa Smart thermometer. **The only thing you will need to do is sign up!**

Please see the attached flyer for details on signing up.

PHYSICALs, DENTALS, IMMUNIZATIONS OH MY!!

Are physical, dental and immunizations needed for the 2020-2021 School year? **Yes.**

<p>Who Needs a Physical Examinations?</p> <ul style="list-style-type: none"> • All new incoming students • K/1st grade • 6th grade • 11th grade 	<p>Who needs Immunizations?</p> <ul style="list-style-type: none"> • Incoming Kindergartner <ul style="list-style-type: none"> o DTAP, Polio, Hep. B, MMR and Varicella • Incoming 6th graders (11-12 years-old) <ul style="list-style-type: none"> o Tdap o MCV • Incoming 12th graders <ul style="list-style-type: none"> o Meningococcal conjugate
<p>Who needs a Dental Examination?</p> <ul style="list-style-type: none"> • All new incoming students • K/1st grade • 3rd grade • 7th grade 	<p>Where do I send physical, dental or immunization forms?</p> <ul style="list-style-type: none"> • Fax: 267-345-0529 • Email: <ul style="list-style-type: none"> nmorales@communityacademy.org or eotero@communityacademy.org • Mail or drop off all forms.



STAYING HEALTHY & SAFE

Preventing COVID-19

Maintain hygiene

Wash your hands, cover your cough, and don't share personal items

Avoid Exposure

Maintain physical distance, don't shake hands or give high fives, avoid touching your face, avoid large groups of people, avoid staying inside with noncommon contacts for extended time, and keep away from people who are ill.

Wear a mask- Required

When entering a public building, face masks are required.

Our school is partnering with Kinsa's FLUency™ School Health Program this year!

Sign up now to join the waitlist for a FREE smart thermometer!

1. Text **FLUENCY SCHOOL** to **900900***. This will place you on the waitlist for a free smart thermometer.
2. Hold tight until you receive another text in early September. This text will let you know when it's time to officially sign up for your free smart thermometer and download the free Kinsa app.

**Messages and data rates may apply. You can always text STOP to end messages.*

¡Regístrese ahora para recibir un termómetro inteligente GRATIS!

1. Textea la palabra **FLUENCY SCHOOL** al **900900***. Esto le pondrá en la lista de espera de su escuela para obtener un termómetro inteligente gratis.
2. Espere hasta que reciba otro mensaje de texto a principios de septiembre. Este texto le avisará cuándo es el momento de pedir su termómetro gratuito y descargar la aplicación gratuita de Kinsa.



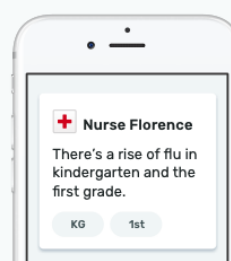
WHAT IS KINSA'S FLUENCY PROGRAM?

Kinsa is on a mission to stop the spread of illness! [Learn more at kinsahealth.co](https://kinsahealth.co). FLUency is Kinsa's school health program. For the past five years, FLUency has partnered with sponsors to provide parents free thermometers and a smartphone app to help detect and respond to spreading illnesses. This year, participation in FLUency matters more than ever to keep your family and school community healthy!



Know what's going around your child's school

Sepa lo que pasa en la escuela de su hijo



Receive messages from your school nurse

Recibe mensajes de la enfermera de tu escuela