

CAP Counselor's Corner

Community Academy of Philadelphia EST News, VOL. 2, Issue 2

Fall Greetings!!!

Wow, autumn is in full swing!!!! It is hard to believe we are already in the 2nd quarter! It has been great to see our students remotely again. As we've all heard many times during the last few months, this year is like no other. Everyone is doing a great job adjusting to the new expectations. Parents and students have stepped up to the challenges of online education. Keep up the great work!

The meaning of fall is different for everyone. Some see it as beautiful and nostalgic with change filling the air as leaves change colors and fall to the ground. It is the favorite season for people that love cooler weather, sweat shirts, boots, and football. It is the busy season for many of us.

Whatever the fall may represent for you, it is apparent that all activities will look different this year. In the midst of a pandemic, parents have to find safe ways to entertain their children, family, and friends. Needless to say, even Thanksgiving celebrations may look different. People will likely forego the huge event in favor of smaller gatherings this year.



*"May the air be crisp
May the leaves be few
May the season of autumn
Bring great bounty to you"*
-unknown

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
Lrivera@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

Check it out:

Some resources for fall activities around the Philadelphia area:

<https://mommypoppins.com/fun-fall-activities-to-do-with-philly-kids>

<https://www.discoverphl.com/blog/top-philadelphia-fall-activities/>

<https://www.uwishunu.com/philadelphia-fall-guide/>

Looking for a fun fall recipe?



Pumpkin Spice Donut Holes

Servings: 8

Meal Tags: **Dessert**

Dietary Tags: **Nut-free, Pescatarian, Vegetarian**

- 2 cups all-purpose flour
- 1/4 cup sugar
- 1 1/2 tbsp baking powder
- 1/2 tsp salt
- 2 tsp pumpkin pie spice
- 3/4 cup buttermilk
- 1/2 cup pumpkin purée
- 1 large egg
- 1/4 cup melted butter
- 1 tsp vanilla extract
- 8 cups vegetable oil for frying
- 1 cup sugar for rolling
- 1 tsp pumpkin pie spice for rolling

PREPARATION

In a large bowl, whisk together the flour, 1/4 cup of the sugar, baking powder, salt, and 2 teaspoons of pumpkin pie spice. Set it aside.

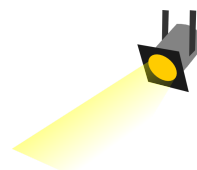
In another large bowl, whisk together the buttermilk, pumpkin purée, egg, melted butter, and vanilla extract.

Combine the flour mixture with the buttermilk mixture.

Fill a large pot halfway with vegetable oil. Heat the oil over medium-high heat to 360°F. Scoop 5 to 6 donuts into the oil. Do not overcrowd the pot. Cook until they are golden, about 2 minutes. Flip the donut holes and continue to cook until the remaining sides are golden, about 1 to 2 minutes. Remove the donuts from the oil and transfer them to a cooling rack. Repeat until all of the donut batter has been used up.

In a medium bowl, whisk together the remaining sugar and pumpkin pie spice. Once the donuts have cooled slightly, roll them in the pumpkin spice sugar mixture. Serve immediately.

Counselor Spotlight SAY HELLO TO MR. ARBOGAST



Hello CAP Families!

My name is Morgan Arbogast and I am one of the Clinical Counselors for EST. I work in both the Middle School and High School covering grades 5-12. If we meet in middle school and you stay here for high school, we will continue to work together right up to graduation! I have been working at CAP since 2001 and have seen the school and its students grow over the years. I look forward to coming to work, as each day I get to spend my time listening, talking and helping students. No two days are ever the same.

I earned my Bachelor's Degree in Psychology from Temple University and received my Master's Degree in Counseling from LaSalle University. Prior to coming to CAP I worked for 10 years in different psychiatric hospitals.



If you are thinking of pursuing a career in helping others, please don't hesitate to stop by my office and ask questions.

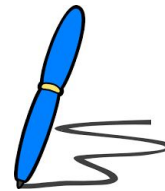
My days don't end at 4pm either, as I've spent the last 16 years working for Juvenile Probation providing individual and family counseling in the homes of adjudicated youth throughout Bucks County.

When I am at home, I love spending time with my family and friends, watching the Flyers, cooking, and listening to music. I also have a LARGE collection of Vans shoes. When you see me in the hallway look down, my Vans will always coordinate with my clothes!

Dear counselor...

Question:

Dear counselor,
How do I know when or if I should talk to a mental health counselor?



Each issue our counselors will answer a common question that our students may have

Answer:

Hi Student, great question. Counselors help students manage their mental health and often become a crucial part of the education team, collaborating with teachers, administrators, parents, and social workers to ensure that each student receives the care and resources necessary to succeed in their academic and personal lives.

Below is a list of typical signs that a student should pay attention to that would indicate if they should see a mental health counselor.

- You are having difficulties regulating your emotions.
- You aren't performing as effectively at work or school.
- You're experiencing changes or disruptions in sleep or appetite.
- You're struggling to build and maintain relationships.
- You've experienced trauma.
- You no longer enjoy activities you typically did.
- You're grieving.
- Your physical health has taken a hit.
- You want to improve yourself but don't know where to start.
- You're using substances or unhealthy habits to cope.

Mental Health Topic of the Month: The Power of Positive Self-Talk

The average person has about 6,000 thoughts per day. With these 6,000 thoughts comes an internal dialogue that we utilize every day. If you love what is on the lunch menu, you may think to yourself, "Yes! I love chicken fingers and fries!" If you do not like what's on the menu, you may think, "Ew, not meatloaf! That's disgusting!" If you don't like what's for lunch, it's okay to be disappointed, but if you find yourself constantly thinking negative thoughts, this may be a problem.

Our thoughts can actually affect our physical and mental health! If you always think the worst, it could increase the amount of stress you feel, make you more susceptible to getting sick, and make you feel depressed or anxious. On the flip side, if you think positively, it will help improve your immune system and overall health, help you solve problems more effectively, and reduce the amount of stress you feel in difficult situations.

So, how can you change your negative way of thinking? By challenging those negative thoughts and replacing them with more positive ones. For example, if you catch yourself thinking, "I failed and embarrassed myself", try to think, "I'm proud of myself for even trying. That took courage". Instead of thinking, "I let everyone on my team down when I didn't score", try "Sports are a team event. We win and lose together". Try saying to yourself, "This is a wonderful opportunity for me to learn from others and grow", instead of "I've never done this before and I'll be bad at it."

This practice is a lot easier said than done, so it is important to do your best and be kind to yourself. Surrounding yourself with others who are positive, finding humor in stressful situations, and giving yourself positive affirmations (positive words or inspiring images) can help you stay on track. If negative thoughts and self-talk are really impacting you in a negative way, reach out to a teacher or counselor. Remember, positive self-talk takes practice, so take it one day or even one thought at a time.

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.

If you have any questions or concerns regarding your child's attendance or to update any outstanding illegal absences, please contact Mrs. Lora at jlora@communityacademy.org.

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!