



# Levittown LEADER

## Shining a Light ON MENTAL HEALTH

The COVID-19 pandemic has had an impact on everyone, including our children here in Levittown. This is why it is more important than ever to support our students through social-emotional learning programs and initiatives.

At the elementary level, several programs are helping students with their self-esteem, health and overall well-being. This includes character education programs such as Get a Voice and the PAX Program. Get a Voice is a bullying prevention program that helps students develop positive characteristics by being an upstander, while the PAX Program is aimed at second grade students and promotes positive behaviors while reducing negative interpersonal skills and undesirable classroom behaviors. Elementary students are also participating in mindfulness activities and specific schoolwide initiatives such as P.R.I.D.E. (Patience, Respect, Integrity, Determination and Excellence) at Summit Lane Elementary School and A.C.T.I.O.N. (Acceptance, Compassion, Trustworthiness, Integrity, Optimism, Nice) at Northside Elementary School. These initiatives create a schoolwide

culture that promotes positive behavior by emphasizing unity, inclusion, character education and social-emotional development through different events and activities.

For those at Jonas E. Salk Middle School and Wisdom Lane Middle School, the district's Middle School 101 program gives a helping hand to the new sixth graders and supports seventh and eighth graders on their middle school journey. Sixth graders participate in social-emotional lessons pertaining to middle school and emotional regulation, while seventh graders focus on growth mindset and learn about different coping strategies and perspective. With one step closer to high school, Levittown eighth graders also explore coping strategies as they prepare for the big transition to ninth grade. In addition, middle schoolers have resources such as chat groups, lunch groups and support groups to help them with their individual needs and counseling with a weekly social skills group.

Similar to their elementary counterparts, the middle schools also have their own school-wide programs and initiatives to support each

student's mental health and wellness. Wisdom Lane Middle School established Project Wisdom, a character education program focused on sharing inspirational messages over the morning announcements. The school also uses Caught Being Kind, a program where staff and students "catch" each other being kind and submit a referral for a student to receive a prize. These programs foster a positive school environment and give students a positive mindset.

Students at Jonas E. Salk Middle School engage in the school's R.I.S.E. (Respect and Responsibility, Integrity, Safety, Staying Healthy and Empathy) program which consists of expectations promoting social and emotional development through curriculum, awareness and specific spirited events. The program expands into the school's R.I.S.E. Round Table where students can have a conversation with each other about school-based topics, giving them a voice in a productive and respectful manner to discuss school matters.

At the high school level, students support their peers through a mentoring program. Division Avenue High School's

Dragon's Den and General Douglas MacArthur High School's General's Quarters are programs to help ninth graders adjust to their new school and for upperclassman to serve as role models. There are also student support groups during lunch periods and specific events such as Division Avenue's New Student Welcome Back Breakfast, to get students engaged.

Throughout all of the school buildings, motivational speakers, assemblies, school clubs and districtwide initiatives such as LEADD Week, provide more support for students and encourage mental health awareness and social-emotional learning. Our social workers, school psychologists and guidance staff are also readily available to assist students as they transition back into the school buildings this year. These staff members have been introducing themselves and making themselves visible to those students in particular who were remote during the 2020-21 school year.

As we continue to emerge from these challenging times, our district is committed to supporting our children in every way possible.

# Social-Emotional SUPPORTS

## Elementary Support Programs

### Banana Splits/ Changing Families:

Support group for students experiencing divorce/separation of parents

**Mentoring Program:** Matches a student with a staff member to give extra support to student

**Programs to support positive body awareness, self-esteem and healthy choices:** Mindfulness, P.S. I Love You Day, Beautiful Me, Get a Voice

**Prevention Programs:** Too Good for Drugs, LEADD Week, Red Ribbon Week

**P.R.I.D.E./ R.I.S.E./A.C.T.I.O.N.:** Specific schoolwide initiatives that promote a schoolwide positive behavior system to create a culture emphasizing unity and inclusion, character education and social-emotional development through curriculum, awareness and school spirit events

## High School Support Programs

**Clubs:**  
*Mindfulness Club:* practices meditation and mindfulness to promote healthy living; *Unity Club:* celebrates diversity, teaches students to respect others and promotes deeper understanding for fellow students; *Pride For All Club:* student-run club that welcomes a community of diverse students, respects identity and individuality, encourages new friendships, and builds social networks to help promote acceptance within the student body; *Peer Leader Program:* service club aimed at easing the transition for ninth graders from middle school to high school; and *Key Club:* student-run organization that focuses on community service, develops leadership skills and reinforces the power of positive peer pressure

**Student Support Groups:** lunch groups, social skills, health and wellness

**Mentoring Program:** Pairs at-risk students with a staff member to support and enhance students' educational experience.

## Middle School Support Programs

**Wisdom-Specific Programs:**  
*Project Wisdom:* Character education program focused on inspirational messages broadcast over the PA system. *Caught Being Kind:* Schoolwide program where staff and students "catch" others being kind and submit a referral for a student to receive a prize.

**Salk-Specific Programs:**  
*RISE Character Education:* Program consisting of a set of expectations promoting social and emotional development through curriculum, awareness and school spirit events; *RISE Round Table:* Addresses school-based topics with students to give them a voice in a productive and respectful manner to discuss school matters.

**After-school Clubs:** A variety of after-school clubs are available for students to join. Many of the clubs promote character building, respect, kindness and focus on paying it forward.

**MS 101:** Sixth grade classroom push-ins encompass social-emotional lessons pertaining to middle school and emotional regulation. Grade seven focuses on growth mindset, providing insight into coping strategies and perspective. In eighth grade, the program focuses on development of coping strategies in preparation for transition to high school.

**Division-Specific Programs:**  
*Wellness Wednesdays:* teacher-led mindfulness lessons and exercises for staff; *Multi-Cultural Acceptance Fair* celebrates diversity and fosters respect for others' culture and background as well as engaging in activities to build friendships; *Big Dragons/ Little Dragons:* students serve as mentors for younger students at Summit Lane; *PosiDiv:* student group that performs activities connected to the schoolwide positive behavior support system, which includes organizing incentives and recognizing fellow students for exemplary behavior and character; *Bitmoji Wellness Classroom:* provides resources for a host of social-emotional tools, including recorded meditations, yoga videos, calming and tools for appropriate communication

**MacArthur-Specific Programs:** *Cyber Bullying:* Stop Then Send assembly that addresses internet safety and cyberbullying; *Distracted Driving Texting Awareness:* assembly that addresses dangers of texting and driving; *PMaccept:* promotes positive behavior and recognizes students' exemplary behavior and character; promotes inclusion and respects diversity; *Pride Survey:* survey assessing student needs regarding school climate, bullying, violence, alcohol and drugs to provide informed building supports

**Meditation:** Problem-solving and resolution-focused interventions that assist students with conflict mediation, peer pressure and peer support

**Peer Group Settings:** Support groups educate students and teach coping skills regarding common topics of divorce, bereavement and anxiety. Chat groups are informal gatherings of students to talk about common interests, build friendships, improve peer relationships and increase self-confidence and self-esteem; and lunch groups promote social skills and teach social-emotional strategies in addressing student needs.

**Motivational speakers:** Speakers are invited to speak with students on topics pertaining to mental health and wellness.

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# Homecoming Highlights



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