

PEARL RIVER PARENT CONNECTION

A newsletter brought to you by PRSD School Social Workers
Norma Canals and Natalie Cervantes-Libassi

December 2019

The Role of the School Social Worker

The role of the school social worker is to help identify and address the social-emotional issues that can interfere with academic progress. Through counseling, crisis intervention, referrals and prevention programs, we assist young people overcome the day to day struggles children and adolescents face today. We also provide students and their families with support, referrals and resources. Together with parents/guardians, teachers, guidance counselors, school administrators and other support staff, we help in developing appropriate interventions and strategies that will best serve the student.



Holiday Season 2019!

As we start to wrap up 2019 and begin preparations for this Holiday season, we would like to give you some tips on how you and your child can de-stress.

- Take walks and spend time outside
- Engage in minimal and mindful screen time
- Healthy snacks/drinks lots of water
- Adequate amounts of rest
- Laugh and enjoy each moment!!

<https://pulse.seattlechildrens.org/7-tips-to-manage-your-childs-routine-during-the-holiday-season/>



Self Management Skills

The Pearl River School District's goal is for children to identify and define mental health in their everyday life. During classroom lessons, group and/or individual sessions we help students learn different self management techniques to assist them in coping with different situations. Skills such as self-discipline, impulse control and self-motivations are not only helpful in school but can assist them throughout their lives.

<https://www.drpraeseributra.com/single-post/2017/09/23/5-Skills-For-Children-to-Master-the-Ultimate-Self-Management>

PEARL RIVER PARENT CONNECTION



Juuling: Get the Facts

JUUL (pronounced “jewel”) is a brand of e-cigarette made by JUUL Labs Inc. The devices have become very popular in recent years, especially among young people. Using a JUUL, also called “Juuling,” can put kids’ health at risk in several ways. Here are some youth-based websites for parents to view more information:

- **HealthyChildren.org:** [Juuling: Get the Facts](#)
- **Healthline.com:** [Juuling: the Addictive New Vaping Trend Teens Are Hiding](#)



Local Resources for Youth Substance Abuse

Rockland County has several organizations whose focus is on substance abuse. Please feel free to reach out to these groups for assistance in supporting your child:

- **Rockland Council on Alcoholism and Other Drug dependence, Inc. (RCADD)** is a not-for-profit agency that provides FREE and CONFIDENTIAL assessment and referral to treatment for individuals and families affected by family diseases of addiction to alcohol and other drugs. <http://www.rcadd.org/>
- **Community Awareness Network For A Drug-Free Life And Environment, Inc. (CANDLE)** was founded as a non-profit organization in 1982. Its mission is to prevent substance abuse and violence among youth. CANDLE's goal is to improve the health and climate of our schools and our communities by providing prevention education and resistance strategies to youth and their adult allies, and support programs for young people at risk. <http://www.candlerockland.org/>
- **Al-Anon Family Groups** provides strength and hope for families and friends of problem drinkers. <http://al-anon.alateen.org/>

Norma Canals, LMSW
PRHS and PRMS
canalsn@pearlriver.org

Natalie Cervantes-Libassi, LMSW
Evans Park, Franklin Ave., Lincoln Ave.
cervantes-libassin@pearlriver.org