Elmora School No. 12
Support Services

Find all kinds of information to support you during this time away from school.
We are connected. We are here. Only an email away.

<table>
<thead>
<tr>
<th>Name/ Title</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mrs. Kulick/ Principal</td>
<td><a href="mailto:kulickme@epsnj.org">kulickme@epsnj.org</a></td>
</tr>
<tr>
<td>Miss Ferrera/ Vice Principal</td>
<td><a href="mailto:ferrerafr@epsnj.org">ferrerafr@epsnj.org</a></td>
</tr>
<tr>
<td>Mrs. Pedulla/ School Counselor</td>
<td><a href="mailto:mitovskikr@epsnj.org">mitovskikr@epsnj.org</a></td>
</tr>
<tr>
<td>Mrs. Carrero-Iglesia/ Social Worker</td>
<td><a href="mailto:carreroyo@epsnj.org">carreroyo@epsnj.org</a></td>
</tr>
</tbody>
</table>
Your administration, school counselor, and social worker are available via Email and Unified Classrooms.

Please reach out to us if you need help with anything! 😊
ELIZABETH PUBLIC SCHOOLS MEAL PROGRAM FOR ELIGIBLE STUDENTS

The location for Elmora School 12 is School 29, Dr. Albert Einstein:
919 North Broad St., Elizabeth, NJ
9:30am-11:30am on Mondays and Wednesdays

<table>
<thead>
<tr>
<th>School 1 &amp; 9</th>
<th>For all PreK-12 students that live in the school 1 and 9 zone.</th>
</tr>
</thead>
<tbody>
<tr>
<td>School 28</td>
<td>For all PreK-12 students that live in the school 28 and 25 zone.</td>
</tr>
<tr>
<td>School 52</td>
<td>For all PreK-12 students that live in the school 20 and 13 zone.</td>
</tr>
<tr>
<td>School 22</td>
<td>For all PreK-12 students that live in the school 3, 15, and 5 zone.</td>
</tr>
<tr>
<td>School 29</td>
<td>For all PreK-12 students that live in the school 16, 18, 21, and 12 zone.</td>
</tr>
<tr>
<td>School 23</td>
<td>For all PreK-12 students that live in the school 23 and 27 zone.</td>
</tr>
<tr>
<td>School 51</td>
<td>For all PreK-12 students that live in the school 2, and 6 zone.</td>
</tr>
<tr>
<td>School 26</td>
<td>For all PreK-12 students that live in the school 19, 14, and 4 zone.</td>
</tr>
</tbody>
</table>
Meal Distribution

At Two Locations!

Every Monday through Saturday
12-2pm

O’Donnell Dempsey Center
618 Salem Avenue
Elizabeth, NJ

Stephen Sampson Center
800 Anna Street
Elizabeth, NJ
St Mary Assumption Of Parish

View Website and Full Address
Elizabeth, NJ - 07202
(908) 352-6154

Provides a food pantry. For more information, please call.
Go To Details Page For More Information

St Patrick's Church

View Website and Full Address
Elizabeth, NJ - 07206
(908) 354-0023

Provides a food pantry. For more information, please call.
Go To Details Page For More Information

Mt. Teman A.M.E. Church

View Website and Full Address
Elizabeth, NJ - 07201
(908) 351-9215

Provides a food pantry. Office Hours: Monday - Friday 10:00am - 4:00pm
Go To Details Page For More Information

Jewish Family Service

View Website and Full Address
Elizabeth, NJ - 07208
(908) 352-8333

Provides a food pantry. Office Hours: Monday: 9:00am - 9:00pm Tuesday - Friday 9:00am - 5:00pm
Go To Details Page For More Information
Jefferson Park Ministries

View Website and Full Address
Elizabeth, NJ - 07201
(908) 468-9608
Website

Provides a food pantry. Office Hours: Monday - Thursday 9:00am - 6:00pm 
- 2:00pm
For more information, please call.

Go To Details Page For More Information

Elizabethport Presbyterian Center

View Website and Full Address
Elizabeth, NJ - 07206
(908) 351-4850
Email Website

Our Food Pantry and Clothing Distribution programs serve those in need of food assistance and clothing. Most of our clients are either laid off, disabled, elderly, or underemployed. Hours: The last week of every month on Wednesday and Friday. To know the hours please call.

Go To Details Page For More Information
MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You
- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids
- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation
- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

just breathe
ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things you can see

3 things you can hear

2 things you can smell

4 things you can touch

1 thing you can taste

Breathe
Relax
Breathe In
Pretend you are smelling a flower.

Breathe Out
Pretend you are blowing a leaf.

Breath In
Smell the cupcake.

Breath Out
Blow out the candle.
12 Home Activities that Build Social Emotional Skills

- Play board games and sports
- Go on a mindful walk outside
- Write in a journal or diary
- Practice coping skills, like mindful breathing
- Read picture books
- Practice mindful coloring
- Talk about characters’ feelings in a movie
- Start an acts of kindness challenge
- Organize an area of the house together
- Write a self-compliment list
- Use conversation starters to share ideas
- Play games like “I Spy” and “Simon Says”
# 28 Days of Activities

activities to keep busy during school closures from Covid-19 outbreak

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create a journal with your child to record each day's activity. They can decorate the front page.</td>
<td>Take a pail outside and collect rocks. Bring them inside to paint (can make flower designs, monsters etc.).</td>
<td>Design a fairy house or superhero layer. Draw it out first and then make it with various craft materials.</td>
<td>Make some ecards and send them to people to help them feel less lonely. <a href="https://poxkids.org/daniel/games/make-a-card">https://poxkids.org/daniel/games/make-a-card</a></td>
<td>Create tic tac toe game on the ground with tape, string, or chalk and use a ball or frisbee to play.</td>
<td>Bake Cookies and enjoy a playdate over Skype with a friend and their kids.</td>
<td>Movie Day. Give yourself a big long break and watch a movie. (Do this any day to keep your sanity).</td>
</tr>
<tr>
<td>DAY 8</td>
<td>DAY 9</td>
<td>DAY 10</td>
<td>DAY 11</td>
<td>DAY 12</td>
<td>DAY 13</td>
<td>DAY 14</td>
</tr>
<tr>
<td>Set up a tent in a fort inside or in the backyard. Then, let the kids play.</td>
<td>Drive to a local trail and take a walk or a hike.</td>
<td>Print off a nature scavenger hunt or a colour nature scavenger hunt from online and go exploring.</td>
<td>Have a picnic lunch in a field, backyard or on a trail.</td>
<td>Take a pail outside and collect pinecones and sticks. Paint the pinecones and attach the sticks to create flowers.</td>
<td>Create a story. For inspiration, write a story about one of the characters on this page!</td>
<td>Break Day. Connect with a friend over the phone while the kids entertain themselves or watch a show.</td>
</tr>
<tr>
<td>DAY 15</td>
<td>DAY 16</td>
<td>DAY 17</td>
<td>DAY 18</td>
<td>DAY 19</td>
<td>DAY 20</td>
<td>DAY 21</td>
</tr>
<tr>
<td>Have a campfire in the backyard or go to a local picnic spot to set one up.</td>
<td>Go for a bike ride. Make sure to bring lots of snacks and water.</td>
<td>Go geocaching. Download one of the free apps. Use gloves to handle the geocache if you’re concerned about contact.</td>
<td>Print off a nature scavenger hunt or a colour nature scavenger hunt from online and go exploring.</td>
<td>Collect nature items like twigs, pine cones, flowers etc and make nature crowns! Or make crowns out of paper at home.</td>
<td>Photo Fun. Go outside and take only 10 photos. Print the photos off and attach them to your journal. Then, write about why you chose the photos.</td>
<td>Surprise food creation. Let your kids create a food dish on their own with whatever foods they want to mix together.</td>
</tr>
<tr>
<td>DAY 22</td>
<td>DAY 23</td>
<td>DAY 24</td>
<td>DAY 25</td>
<td>DAY 26</td>
<td>DAY 27</td>
<td>DAY 28</td>
</tr>
<tr>
<td>Go outside for a family run.</td>
<td>Go on a backyard bug hunt or bird watching adventure.</td>
<td>Make a bunch of different paper airplanes. Then go outside and see which ones fly farthest.</td>
<td>Make your own upcycle geocache</td>
<td>Play a Boardgame or build a puzzle.</td>
<td>Go for a walk and play eye spy.</td>
<td>Play balloon Volleyball.</td>
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</tbody>
</table>

Connect and share your activities and stories by tagging @borntobeadventurous on Instagram or messaging @borntobeadventurous on Facebook.

www.BorntobeAdventurous.com
<table>
<thead>
<tr>
<th>Activity</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Learn to play a new instrument (YouTube)</td>
<td>Write a poem or a story</td>
<td>Try a YouTube drawing tutorial</td>
<td>Write &amp; mail a letter to a grandparent</td>
</tr>
<tr>
<td>Get some friends virtually together to play “Psych”</td>
<td>Bake something new</td>
<td>Write a song</td>
<td>Make something creative (that you never show anyone)</td>
</tr>
<tr>
<td>Go on a walk (or run) around the block</td>
<td>Video game tournament with your family</td>
<td>Have a “Chopped” competition for dinner</td>
<td>YouTube yoga or meditation</td>
</tr>
<tr>
<td>Journal your coronavirus experience</td>
<td>Rearrange your room</td>
<td>Write a letter to your future self</td>
<td>Find a book on the Libby app to listen to</td>
</tr>
<tr>
<td>Do a jigsaw or logic puzzle</td>
<td>Listen to a new podcast</td>
<td>Offer to make dinner for the family</td>
<td>Take an Enneagram test</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Invent a new game</td>
</tr>
</tbody>
</table>
Things to do while away from school

**Get Active!**
- Go for a Walk or Run,
- YouTube JustDance or other workout videos,
- Practice Yoga using YouTube videos

**Journal!**
- Write a Letter to a Friend or Family Member!
- Make a List of Things You’re Grateful For!
- Read a Book or Magazine...for fun!
- Have a Dance Party with Friends via FaceTime!
- Disconnect from Social Media...even if it’s just for 30 minutes!
Things to do while away from school

Virtual Disney Rides:
Disney Rides

Virtually Tour Museums:
Google Arts and Culture

Virtually Visit the Zoo:
San Diego Zoo Live Cam Feeds
Above all else, Remember to:
Take care of yourself.
Take care of your family.
Do something kind for someone else.
Reach out for help when you need it.

We are all in this together.