

# 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.

Name/ Title	Email Address
Mrs. Kulick/ Principal	<a href="mailto:kulickme@epsnj.org">kulickme@epsnj.org</a>
Miss Ferrera/ Vice Principal	<a href="mailto:ferrerafr@epsnj.org">ferrerafr@epsnj.org</a>
Mrs. Pedulla/ School Counselor	<a href="mailto:mitovskikr@epsnj.org">mitovskikr@epsnj.org</a>
Mrs. Carrero-Iglesia/ Social Worker	<a href="mailto:carreroyo@epsnj.org">carreroyo@epsnj.org</a>





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

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School 1 & 9 – For all PreK-12 students that live in the school 1 and 9 zone.

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School 28 – For all PreK-12 students that live in the school 28 and 25 zone.

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School 52 – For all PreK-12 students that live in the school 20 and 13 zone.

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School 22 – For all PreK-12 students that live in the school 3,15, and 5 zone.

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School 29 – For all PreK-12 students that live in the school 16,18,21 and 12 zone.

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School 23 – For all PreK-12 students that live in the school 23 and 27 zone.

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School 51 – For all PreK-12 students that live in the school 2, and 6 zone.

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School 26 – For all PreK-12 students that live in the school 19,14 and 4 zone.



Mayor Chris Bollwage, Freeholder Sergio Granados,  
World Central Kitchen, City of Elizabeth Department of Health & Human  
Services, Union County Office of Community Engagement & Diversity,  
and International Rescue Committee  
Presents:

# MEAL DISTRIBUTION

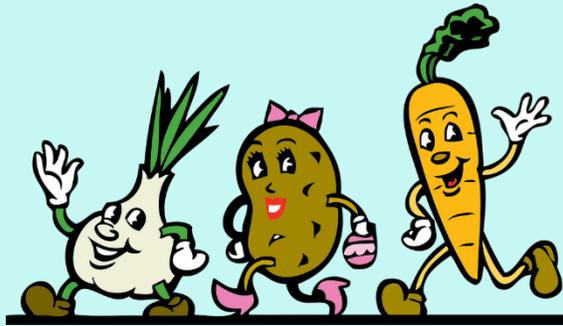


At  
**TWO**  
Locations!

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](#)

[\(908\) 352-5154](#)

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](#)

[908-351-2625](#)

[Email Website](#)

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](#)

[\(908\) 352-8375](#)

[Email Website](#)

Provides a food pantry. Office Hours: Monday: 9:00am - 9:00pm Tuesday: 9:00am - 9:00pm Wednesday: 9:00am - 5:00pm Thursday: 9:00am - 5:00pm Friday: 9:00am - 4:00pm For more information, please call.

[Go To Details Page For More Information](#)



## Jefferson Park Ministries



[View Website and Full Address](#)

Elizabeth, NJ - 07201

[\(908\) 469-9508](tel:(908)469-9508)

[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](#)

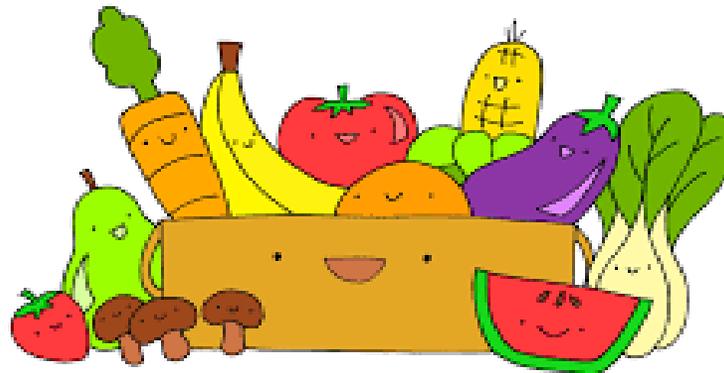
Elizabeth, NJ - 07206

[\(908\) 351-4850](tel:(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

BlessingManifesting

## 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



# ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things  
you can  
see



3 things  
you can  
hear



4 things  
you can  
touch



2 things  
you can  
smell



1 thing  
you can  
taste



@amf-designs

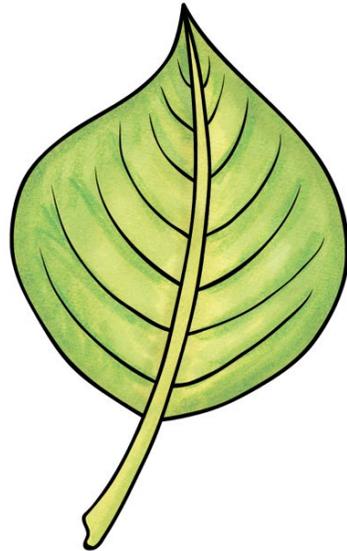


# Breathing Techniques



## 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

www.thepathway2success.com

Pathway  
2 SUCCESS

Play board games and sports



Go on a mindful walk outside



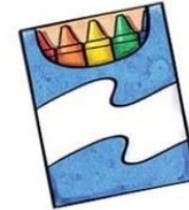
Write in a journal or diary



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



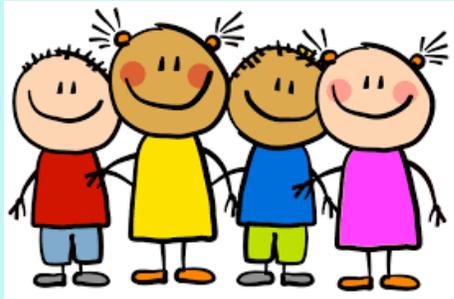
Write a self-compliment list



Use conversation starters to share ideas



Play games like "I Spy" and "Simon Says"



Clipart by Kate Hadfield & Sarah Pecorino



# 28 Days of Activities

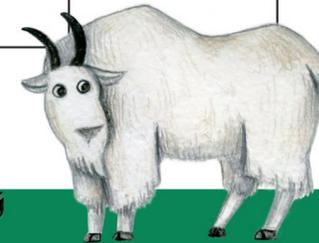
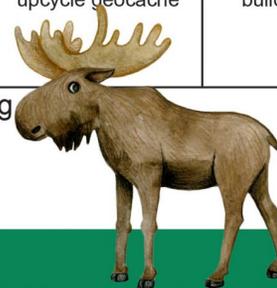
activities to keep busy during school closures from Covid-19 outbreak

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

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

[www.BorntobeAdventurous.com](http://www.BorntobeAdventurous.com)

# FUN



# 25 THINGS **TEENAGERS** CAN DO DURING SOCIAL ISOLATION

@hilaryrhodesdesign

LEARN TO PLAY A NEW INSTRUMENT (YOUTUBE!)	WRITE A POEM OR A STORY	TRY A YOUTUBE DRAWING TUTORIAL	SWAP BOOK SUGGESTIONS	WRITE & MAIL A LETTER TO A GRANDPARENT
GET SOME FRIENDS VIRTUALLY TOGETHER TO PLAY "PSYCH"	BAKE SOMETHING NEW	WRITE A SONG	TEACH A FAMILY MEMBER TO DO SOMETHING YOU LOVE	MAKE SOMETHING CREATIVE (THAT YOU NEVER SHOW ANYONE)
GO ON A WALK (OR RUN) AROUND THE BLOCK	VIDEO GAME TOURNAMENT WITH YOUR FAMILY	HAVE A "CHOPPED" COMPETITION FOR DINNER	CREATE A NEW MUSIC PLAYLIST	YOUTUBE YOGA OR MEDITATION
JOURNAL YOUR CORONAVIRUS EXPERIENCE	REARRANGE YOUR ROOM	WRITE A LETTER TO YOUR FUTURE SELF	FIND A BOOK ON THE LIBBY APP TO LISTEN TO	WRITE A BUCKET LIST
DO A JIGSAW OR LOGIC PUZZLE	LISTEN TO A NEW PODCAST	OFFER TO MAKE DINNER FOR THE FAMILY	TAKE AN ENNEAGRAM TEST	INVENT A NEW GAME



# 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.

