

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	kulickme@epsnj.org
Miss Ferrera/ Vice Principal	ferrerafr@epsnj.org
Mrs. Pedulla/ School Counselor	mitovskikr@epsnj.org
Mrs. Carrero-Iglesia/ Social Worker	carreroyo@epsnj.org





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

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

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

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

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

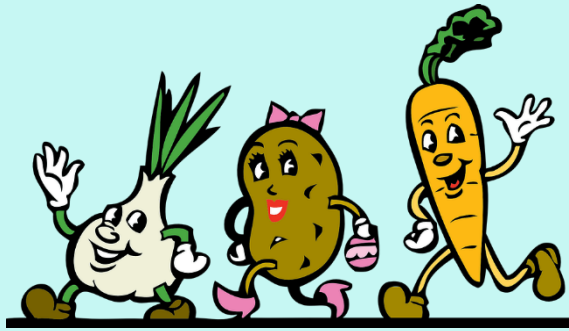
School 29 – For all PreK-12 students that live in the school 16,18,21 and 12 zone.

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

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


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



World
Central
Kitchen



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](#)

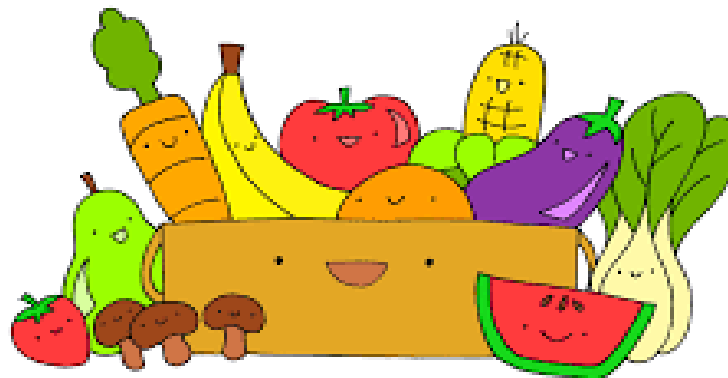
Elizabeth, NJ - 07206

[\(908\) 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



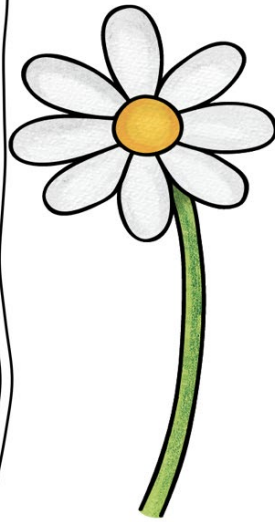
1 thing
you can
taste



@amf-designs



Breathing Techniques



BREATHE IN

Pretend you
are smelling a
flower.



BREATHE OUT

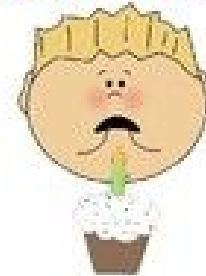
Pretend you
are blowing a
leaf.

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



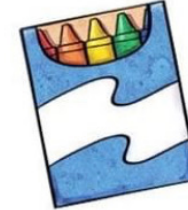
Write in
a journal
or diary



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

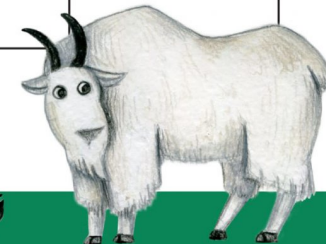
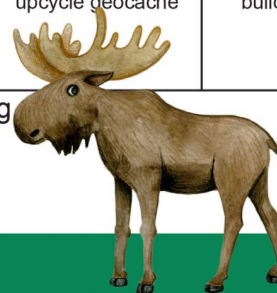
activities to keep busy during school closures from Covid-19 outbreak

FUN

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

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

www.BorntobeAdventurous.com



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.

