

## *Addressing Anxiety with Care & Community*

*Is an on-going venture by the entire Millburn community of educators, teachers and families. Over the past years, Millburn has implemented some policies to lessen stress amongst our students. Of course, managing potentially stressful situations is a key component of our students' growth and learning. Our goal is not to avoid challenges but rather to address and cope with hurdles so we might achieve personal goals. Policies & practices include:*

### **Addressing Adversity; Creating Balance; Enhancing Communication**

\***A-B Testing Days** before vacations & end of vacations. Assigns tests by subject spread over 2 days

\***No Homework Nights** – selected nights including at the end of vacations where we don't give assignments

\***No Testing Days** A dozen or so pre-selected days where no tests are permitted.

\***Weekend Wonders** provide students with a brief, albeit rare, reprise from school. No Homework or Tests are allowed on the day we return from Thanksgiving; Easter, Memorial Day;

\***Common Lunch** is new in 2018-19 and lasts nearly an hour on a daily basis. Besides fine dining, students have the opportunity to do homework, collaborate, study, meet with teachers, go to meetings – or just relax and rejuvenate!

\***Three Tests** maximum one day (major tests). If students cannot work out 'reasonable' accommodations directly with their teachers, or guidance counselor, then administration shall give permission to take tests the next day as determined by the order of the periods.

\***Therapy Dogs** – sporadically brought in to relax AND remind students of our Student Center & Guidance

\***Senior Ambassadors** provide freshman with an orientation of high school in Aug & throughout the year.

\***Back of Student ID** lists where to go for help & anonymous hotlines

\***See Something, Say Something** – coming soon- anonymous help site

## Documentary & Discussion



**Millburn  
High School  
Auditorium**  
January 15, 2019  
7:00 pm

*Offering a  
screening of  
the film  
followed by a  
panel with  
Millburn  
educators*

**IndieFlix**

55 MINS - APPROPRIATE FOR AGES 10 AND UP

*Thanks to a donation by Julie and Frank Cohen  
and the  
Millburn-Short Hills Education Foundation*

*(The night's events may be found at [Studio462.org](http://Studio462.org))*

## The Panel



**Panel Moderator Dr. Robert Keenan** – MHS Vice Principal  
Discipline, Scheduling & Technology

**Panelist Rose Aquavia** - MHS School Psychologist  
Child Study Team member

**Panelist Shannon Dahse** - Student Assistance Counselor  
Liaison to MMAC, oversees MHS Ambassador program as well as  
overseeing our Student Center along with Ms. Randazza

**Panelist Sarah Guiney** - MMS School Psychologist  
Intervention Counselor who provides regular and crisis counseling  
services for students with mental health concerns as part of in-  
school intervention.

**Panelist Nick Pisa** - MMS Guidance Counselor  
Leads Middle School counselor – 30 years Middle School educator:  
15 as a counselor and 15 as a MMS teacher.

**Panelist Linda Randazza** - MHS School Psychologist  
Oversees our Student Center with Ms. Dahse and supervises our  
Mental Health Awareness and Peer Mentor clubs.

**Panelist Jessica Siegel** - Department Chair for English  
Curriculum specialist; innovator

**Panelist Nancy Siegel** - Head Guidance Counselor MHS providing  
50 years of support and advice

**Panelist Cheryl Talpalar** - Millburn Parent of 4  
PTOC; Senior Celebration; *alumnus*

## What can YOU Do?



*Policies by the school can help minimize angst amongst our students. Of course, “the same heat that melts the butter, hardens the egg.” Each student brings a unique set of experiences and mindset to each challenge. The hours spent on homework viewed as purposeless may well be viewed differently than the same hours devoted to a class challenge that may involve filming or building.*

*Here are things students can do with the support, encouragement and guidance of their family:*

**\*Avoid overscheduling** activities and commitments

**\*Sleep** can be regularly scheduled

**\*Diet and exercise** should never be taken for granted

**\*PDF** – importance of Playtime, Downtime, Family Time

**\*Self-advocacy** - Encourage your child to ask for help!  
Anyone at school will direct them to the ‘right person’

**\*Just call** on behalf of your child

**\*mhs.millburn.org** – Students – **Get Help Here!**

**\*See the back of the Student ID** cards for some Help!