



CHILD MIND®
INSTITUTE

WORLD
MENTAL
HEALTH
DAY

October 10, 2020



Tips for Managing Stress and Anxiety This Winter

If you're worried about how you'll handle the coronavirus crisis once the days get shorter and temperatures drop, you're not alone. But while winter might be a challenge this year, there are strategies you can use to cope with stress and keep spirits up — both yours and your kids'.

Focus on what you can control.

Uncertainty is uncomfortable, but right now it's unavoidable. Try to make flexibility your family's norm and avoid getting caught up in worst-case scenarios. Instead, engage your kids in planning the things you can control: What fun indoor activities can we do this winter? How about new traditions if the holidays look different this year?



WORLD MENTAL HEALTH DAY

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Maintain social connections.

Connecting with friends and family might feel like a luxury, but social support is crucial in stressful times. It doesn't have to be elaborate — try five-minute phone calls with distant friends or a short socially distant walk with a neighbor. If you've been socializing outside in the warm weather, now is also the time to plan ways to keep that up. Consider doing an inventory of everyone's winter gear or making a list of outdoor activities that you can do with friends to keep moving and socialize at the same time.

Set ground rules early — and stick to them.

Quarantine fatigue is no joke, and it can be tempting to loosen up family rules about things like socializing indoors. But in order to keep everyone safe this winter, it's important to know what your family's boundaries are. Is your family part of a quarantine pod? Open a conversation about winter rules. Are extended family members planning holiday gatherings? Start figuring out if and how you can attend safely. By getting a jump on these conversations now, you'll avoid stress and awkwardness down the road.

Build your self-care toolkit.

You might not be able to avoid stress, but you can plan ahead for it. Make a list of quick stress reduction techniques that you know work for you. This might include mindfulness techniques, breathing exercises, favorite songs, short exercise videos or calming activities like playing with a pet. You can even encourage your kids to build their own self-care toolkits. That way, you'll all have easy strategies ready to turn to in tough moments.

Don't hesitate to seek help.

Anxiety is common (especially right now!) but it doesn't have to be part of your new normal. If you or your child are experiencing symptoms of anxiety (like trouble sleeping, withdrawing from loved ones, or constantly mulling over the same worries) and informal strategies aren't helping, it might be time to get support from a professional. Many mental health professionals offer telehealth sessions that you can access safely from home.

For more mental health resources for children and families, childmind.org/WMHD.

INDIAN RESTAURANT
kurrry zone
where friends get together...

**JOIN US FOR ANOTHER
CJCP FAMILY FUNDRAISER NIGHT**

~

kurrry zone

120 Cedar Grove Lane, Somerset
732-356-4000 / kurrryzone.com

~

**Wednesday, November 18th
12-2.30pm and 5-9pm (closed 3-5pm)**

Please show this flyer on your phone or print.
15% of our sales will be donated to CJCP.
Or use Codeword: PTSO

*Any catered events throughout the year will also add
a 10% donation when this flyer is presented.*

Get the Facts

New Jersey's Public Charter Schools

2020-21



What Is a Public Charter School?

Charter schools are **free, nonprofit public schools** that are open to all students. They operate with more flexibility than traditional public schools in exchange for increased accountability including rigorous financial, academic and operational standards.

NEW JERSEY HAS

87 

CHARTER SCHOOLS

IN **40** CITIES

AND **18** COUNTIES



57,200
STUDENTS



36,000
CHARTER
WAITLIST TOTAL

SOURCES: School count (2020-21 aid notices), Cities/Counties (March 2020 GIS Point Locations enhanced with Creativity CoLab), SDA Market Share (10/15 FY20 aid notice data)



1 in 6
STUDENTS

Public charter schools serve **1 in 6 public school students** in NJ's 31 poorest communities (former Abbott/SDA districts).

KEY DEMOGRAPHICS

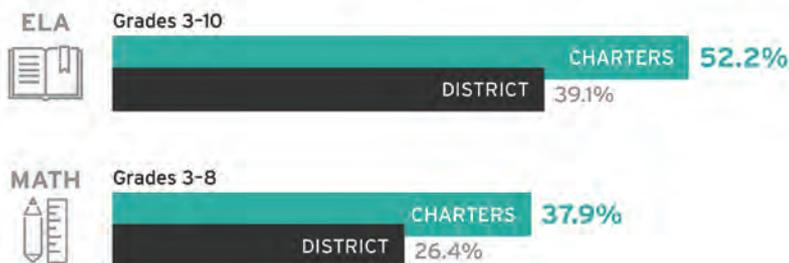


Charter schools serve **12%** of all public school **Black students**.
Charter schools serve **6%** of all public school **Latinx students**.

SOURCES: Ethnicity (2019-20 latest available ENR), Enrollment count (July 2020-21 Supplemental aid notices, enhanced), Low-income (10/15 2019-20 aid notices), Special Ed & ELL (2018-19 perf reports), Waitlist (2018-19 Annual Reports enhanced)

PERFORMANCE

2018-19 Percent of Students Meeting or Exceeding Expectations



Charter students are **33%** more likely to read at grade level, and **44%** more likely to do math at grade level.

Black Charter Students

+12% in ELA
+14% in math

Latinx Charter Students

+5% in ELA
+4% in math

Economically Disadvantaged Charter Students

+9% in ELA
+10% in math

Low-income students of color are **thriving** in New Jersey's public charter schools and **outperforming** their counterparts statewide.



FUNDING

Public Charter Schools Are Deeply Underfunded



Due to an outdated technicality in state law, public charter schools aren't eligible to receive facilities funding from the state. **Since 2001, public charter schools have been excluded from \$13 billion** provided to 555 school districts statewide.

CHARTERS RECEIVE
\$4,200

LESS PER STUDENT
Compared to traditional school districts

CHARTERS NEED
\$900 MILLION

FOR SAFE AND SECURE FACILITIES

NEWARK'S CHARTER SCHOOLS

Providing a World Class Education

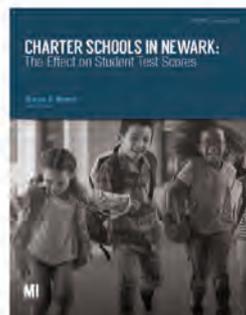
Newark's public charter school students, **84%** of whom come from low income backgrounds, have **outperformed the state average** on the state test in grades 3-8 two years in a row.



75% of Newark's charter school students are enrolled in a school beating the odds vs. 16% in the district.*

*2020 study from MarGrady Research

In 2020, the Manhattan Institute published a first-of-its-kind study on Newark's charter sector using a rigorous research design that took advantage of the city's unified enrollment system that has a randomized admissions component. The study found that **attending a Newark charter school "has a larger effect than 80% of other educational interventions that have been recently studied using an experimental design."**



ACCOUNTABILITY TO FAMILIES

Public charter schools have **greater flexibility** to bring in new and creative approaches, and with that flexibility comes **greater accountability**. Public charter schools:



Provide **financial reports** to the state and conduct an annual audit



Must meet all state and federal **education standards**



Must be **renewed every five years**—and face closure if not delivering results

AUTONOMY EMPOWERS CREATIVITY

Public charter schools have more autonomy over their budgets, curriculum, and personnel than traditional districts. Teachers at public charter schools are empowered to use **creative approaches** to meet the individual needs of students in their classroom. Public charter schools include incredibly **diverse learning models**, including:



Hoboken Dual Language Charter School provides an exceptional education in Spanish and English to develop engaged, well-rounded bilingual citizens with a global and multicultural perspective.



Foundation Academy Charter School in Trenton ensures that all students secure the academic knowledge and skills to prepare them for the nation's finest colleges and to instill in them the core values of caring, respect, responsibility, and honesty.

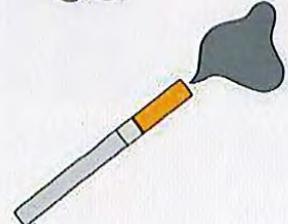
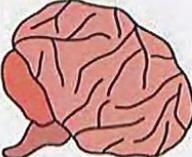
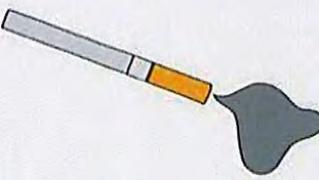
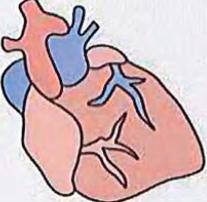
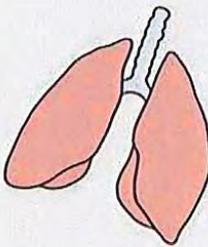


Unity Charter School in Morristown infuses Education for Sustainability throughout the school culture. Student agency drives critical thinking and inspires advocacy through a constructivist learning approach so that students graduate ready to change the world for the better.



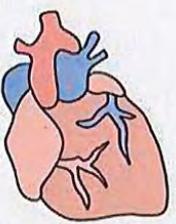
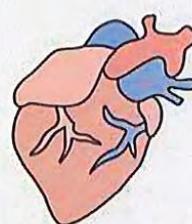
NEW JERSEY
PUBLIC CHARTER SCHOOLS
ASSOCIATION

NJCharters.org



SAY NO

NOVEMBER 7, 2020



STUDENTS WILL
BE ABLE TO GAIN A GENERAL
UNDERSTANDING ABOUT THE EFFECTS
OF ALCOHOL AND NICOTINE ON THE BODY
IN A FUN AND INTERACTIVE WAY

10:30 AM - 12:30 PM

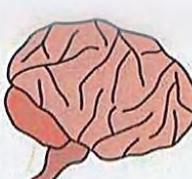
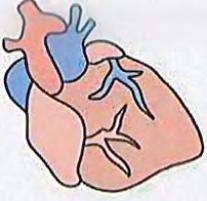
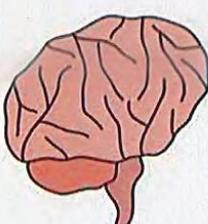
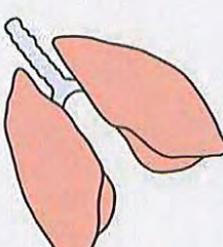
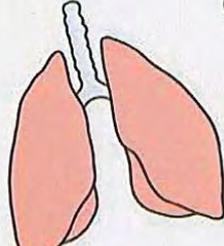
GRADES: 3-6

LOCATION: ZOOM

PRICE: FREE!

<http://franklintwp.recdesk.com>

MAKING HEALTHY FUN!



FRANKLIN TOWNSHIP YOUTH COUNCIL



Not Just Being the Community...
Building the Community

