

Millburn School District Wellness Presentation May 2025



Wellness Coordinator
Trish O’Gorman R.N.,
C.S.N., M.A.



Wellness Policy

- Our policy focuses on the health and wellness of our students with an emphasis on nutrition and physical health.
- The New Jersey Department of Education recognizes that healthy students are better learners and that many factors can impact a student's academic attainment and overall health.
- The department supports wellness policies and practices that address the physical, social, and emotional needs of students.

The Millburn Board of Education recognizes child and adolescent obesity has become a major health concern in the United States. The Healthy, Hunger Free Kids Act of 2010 (HHFKA), funds child nutrition programs and establishes required nutrition standards for school lunch and breakfast programs. In accordance with the requirements of the Healthy, Hunger Free Kids Act of 2010 (HHFKA) each school in the district implements this Wellness Policy that includes goals for nutrition promotion, nutrition education, physical activity, and other school based activities that promote student wellness.

District Wellness Committee

Patricia O’Gorman, Wellness
Coordinator/Lead Nurse

Nancy Dries, Communications
Coordinator

Jamie Cheeka, Elementary Health Teacher

Shannon Dahse, SAC, Millburn High
School Wellness Team Leader

Luisa Young, Asst. Principal, Millburn
Middle School Wellness Team Leader

Kelly Salazar, Principal, Deerfield School
Wellness Team Leader

Deb Ostrowski, Interim Principal, Hartshorn
School, Wellness Team Leader

Samantha Hess, Nurse, South Mountain
School Wellness Team Leader

Bonnie Loew, Counselor, Washington School
Wellness Team Leader

Kristin Mueller, Principal, Wyoming School
Wellness Team Leader

Olivia Shidler, MHS Student

Elisa Mancuso, Pomptonian Food Services
for Millburn High School and Middle School

School Health Service Professionals

Providing critical care every day in every way

School nurses

School physician

Social Workers

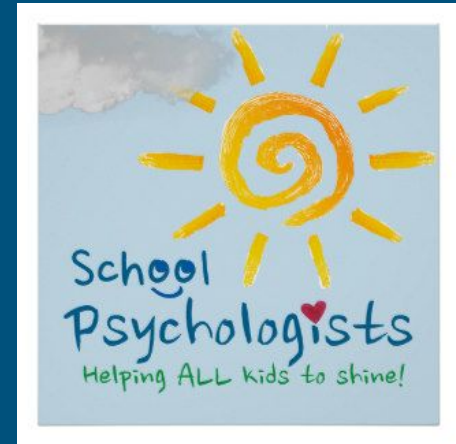
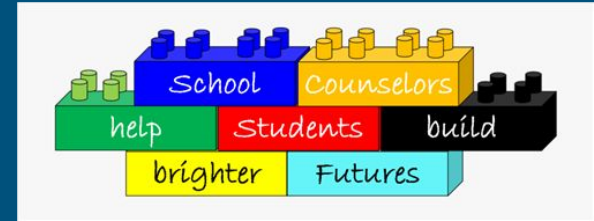
Psychologists

Physical therapists

Speech therapists

Occupational therapists

Learning consultants



Safe & Positive Learning Environments

1. Engagement: Strong relationships between students, teachers, family and staff.
2. Safety: feel safe from violence, bullying, harassment, and substance use and abuse.
3. The Environment: A fair disciplinary policy, behavioral and mental health supports, and school-based health supports all work together to support a student's school experience

GoGuardian & Gaggle

Risk and Threat Assessment teams



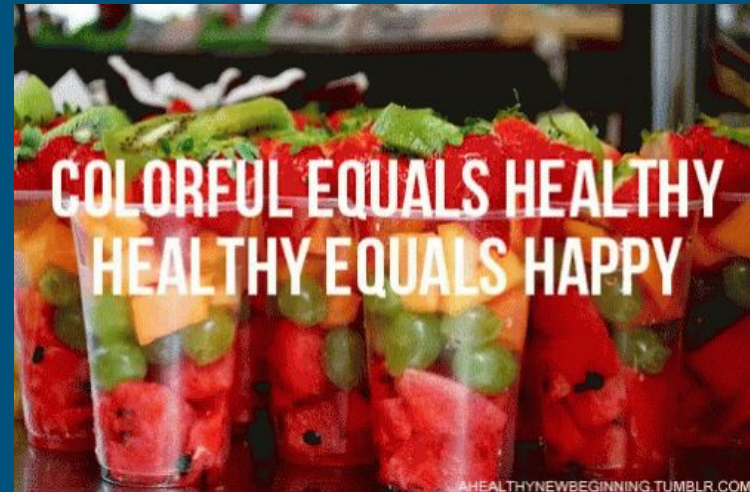
Nutrition/Food Service at Millburn Middle and High School

Pomptonian Food Service is proud to have their own unique Farm-to-Tray program.

Each month a local fruit and vegetable is featured in the cafeterias.

Posters hung in the cafeteria highlight nutritional benefits and provide background on the farms supplying this local produce.

Their staff finds creative ways to prepare the fruit and vegetables of the month, challenging students to think about food differently.



Nutrition/Food Service at Millburn Elementary Schools

Special lunch days are organized by the PTOs and are required to follow the nutrition guidelines from the HHFKA and our district policy.

Parents are encouraged to send healthy lunches to school with their children.

Students who qualify for free and reduced lunch are provided with milk and lunch sponsored by the PTO.



Botanical INTERESTS®

HEALTH AND WELLNESS CURRICULUM IN OUR SCHOOLS

MHS

- Health/Physical Education as required
- Nutrition Education
- Nutrition Promotion in accordance with the Health, Hunger Free Kids Act of 2010
- Sexual/Relational education
- Drug and Alcohol awareness program
- Suicide prevention program
- After school clubs and activities that provide opportunities for physical activity
- After school sports

MMS

- Health/Physical Education as required
- Nutrition Education
- Nutrition Promotion in accordance with the Health, Hunger Free Kids Act of 2010
- Sexual/Relational education
- Drug and Alcohol awareness program
- Suicide prevention program

ELEMENTARY

- Health/Physical Education as required
- Recess, outdoors weather permitting
- Nutrition Education
- Nutrition Promotion in accordance with the Health, Hunger Free Kids Act of 2010
- DARE program by Millburn PD
- Personal Wellness and Safety
- Social and Emotional Health
- Community Health
- Family Life
- General Risks to Health (viruses)
- Disease Prevention (handwashing)

ELEMENTARY SCHOOL WELLNESS

Deerfield	Glenwood	Hartshorn	South Mountain	Washington	Wyoming
Kelly Salazar, Principal	David Jasin	Deb Ostrowski	Scott Wolfe	Peter Mercurio	Kristen Mueller
Eric Cantaglano, Teacher	Jennifer Doney	Kathy Hodic	Samantha Hess	Patricia O’Gorman	Linda Zuckerman,
Kristin Castellano, Nurse	Jeff Jacobs	Donna Kulpan	Ralph Yezza	Bonnie Loew	Chris D’Anna,
	Jaime Cheeka	Emily Davis	Heather Fiory	Olivia Leone	Michael Mongon
	Sheryl Horowitz	Gina Brooks	Jessica Walling	Brigid Cunningham	Maranda Micciche

Elementary School Wellness Programs, 24-25 School Year

Caring Kids- All Grade Levels
Understanding and respecting students who are differently abled
Think Twice to Be Nice
Stand Up to Bullies NJ

Week of Respect - All elementary school

Various PTO After School Enrichment Activities - All Grade Levels

***DARE PROGRAM** provided by Millburn Police Department for all 5th graders

***Start With Hello Program** from Sandy Hook Promise at Washington School.

***BMX Event at Washington School** - Sponsored by Millburn Police Department, DARE Program

School Climate Committee/Green Club/Garden Club

Souper Bowl, Thanksgiving Drive, Holiday Gift Drive - All Grade Levels (Community Health)

MMAC Red Ribbon Week - All Grade Levels
Activities and Annual Assembly to develop an understanding of peer pressure, finding your passion(s) and building self-confidence.

Millburn Wellness Week, March 17-21

Grades K - 4 Activities

**Monday
March 17th**

“Go GREEN for
Wellness”

Wear Green and
Eat something
GREEN (for
snack)

**Tuesday
March 18th**

“Choose Day
Tuesday”

Choose a book
to read

**Wednesday
March 19th**

“Walking
Wednesday”

Staff Massage

**Thursday
March 20th**

“Take a Break
Thursday”

Mindful Minute &
Early Dismissal

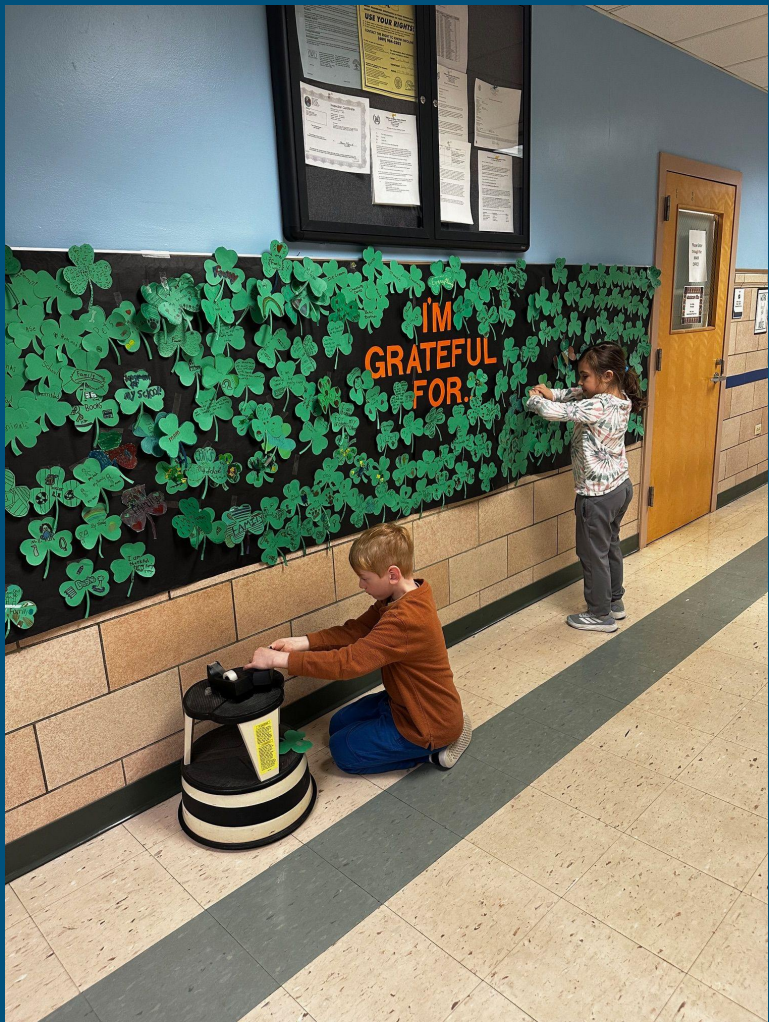
**Friday
March 21st**

“Feel Good
Friday”

Comfy clothes &
Rhythmetrix
Assembly

Wyoming School







South Mountain School



Hartshorn School



Washington School “WESELebrate Day” on Monday, March 3rd,
National Social-Emotional Learning (SEL) Day.







Focus on Something Less Anxiety-Provoking

Senses Check
SEE: What are 5 things you can see?
FEEL: What are 4 things you can touch?
HEAR: What are 3 things you can hear?
SMELL: What are 2 things you can smell?
TASTE: What is 1 thing you can taste?

5 3 1
4 2

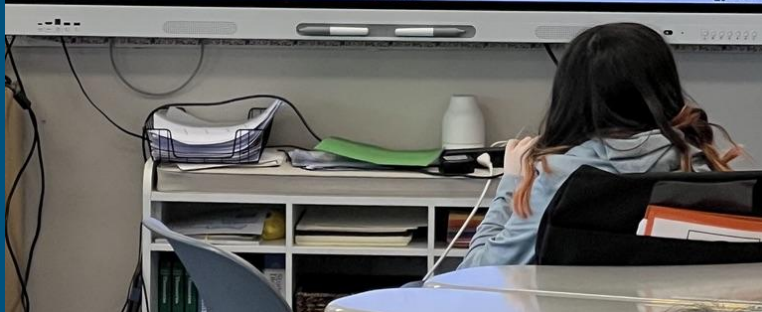
Listen to Music
Find a song that's calming. Set a timer for 10 minutes and listen to the song. Keep your body relaxed. If you are comfortable, close your eyes.

Draw
Take five minutes to doodle, draw a picture of a happy place, or draw of how you are feeling.

Think Happy Thoughts
Think positive thoughts like, "I can manage my feelings."
Or think of somewhere you love being.
Or think of a time you were really happy.

Wall Push-Ups
Face the wall. Stretch your arms out straight with your palms touching the wall. Keep your feet where they are. Bend your arms and lower your body to the wall. Push your arms straight again. Repeat.

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MILLBURN MIDDLE SCHOOL WELLNESS

Committee Members:

Luisa Young - Assistant Principal

Sarah Guiney - School Psychologist

Lauren Bach - Guidance Counselor

Ashley Mistak - School Psychologist

Stephanie Demianicz - Nurse



MMS Wellness Programs, 24-25 School Year

Student wellness is largely facilitated through WELL peer leaders and this year included:

Haunted Halloween Hall, Gratitude Survey, Bingo, Trivia Game Day, Staff - Student Volleyball game, Therapy dogs - 4 events,



MMS
WELLNESS WEEK!
MARCH 17-21



MMS Wellness Week 24/25 Activities

- Be the rainbow in someone's cloud. Pay it forward with a compliment or act of kindness. 
- Staff yoga 
- Bracelet-making and March Madness Sports
- Bracelet-making for Staff 
- Wellness Bingo Challenge
- Staff Walking Challenge
- Therapy Dogs for Students and Staff 
- Mindful Coloring and Games in Library for Students and Staff
- St. Paddy's Day Staff Breakfast 

ADDITIONAL MMS WELLNESS EVENTS:

Staff/student events include:

Staff/Student Volleyball

Masked Singer

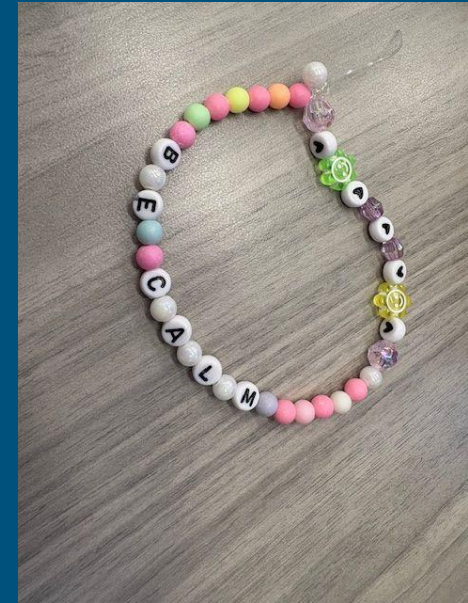
Staff/Student Kickball

Red Ribbon Week

School Spirit Week

Week of Respect

Red Instead Autism Awareness



MILLBURN HIGH SCHOOL WELLNESS

Committee Members:

Anne Richardson - Vice Principal

Stephanie Messner - Nurse

Linda Randazza - Student Assistance
Counselor, Psychologist

Shannon Dahse - Student Assistance
Counselor

Olivia Shilder, MHS Student



MHS Wellness Programs, 24-25 School Year

Harp for Wellness and Yoga and Meditation, "Speak Sobriety" for Seniors; Programs on suicide prevention twice a year; Monthly Therapy Dog visits; Week of Respect; LGBTQ+ Junior Assembly; Balancing Academics and athletics; Attitudes in Reverse; Battle of the classes; LGBTQ+ week of alliance and understanding; Black student alliance; "Coping Strategies and Skills for Stress and Adversity" for Freshmen on 10/9/24; Fun Fridays



Harp for Wellness is a regular occurrence in Millburn High School for all who need to relax and experience a boost to their mental health.



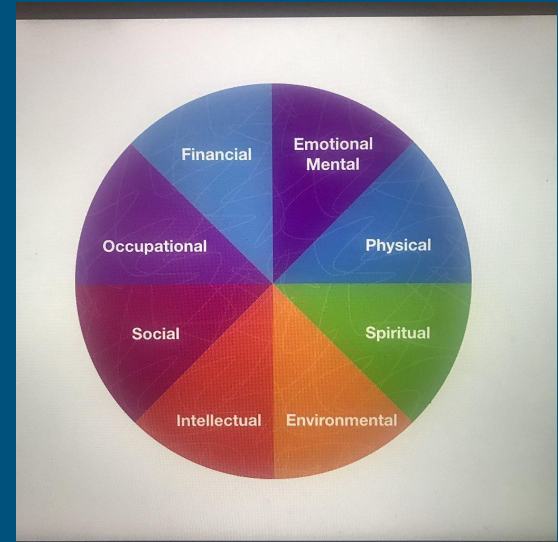
Abby



Ledger

MHS Clubs related to Wellness

- Future Physicians and Nurses Club Lunch N' Learn (health awareness)
- The Cooking Club (nutritional wellness)
- The Investment Club (financial wellness)
- Art Club (mental wellness)
- The Energy Club (environmental wellness)
- Hospital.
- The Diabetes Club hosted a Mother's Day fundraiser! We're partnering with a local candle company, Birch House Candles. 20% of the proceeds will be donated to JDRF.
- The Animal Awareness Club (community wellness)
- The Millburn Lifting Club (physical wellness)
- Crochet for a Cause Club (community wellness) crocheting baby hats for infants in St. Barnabas



FAMILY/PARENTAL WELLNESS

- October 9, 2024 - Summit High School: John Mopper, LPC, presented "**Breaking Free: Unmasking the Mind Control of Modern Technology on Today's Youth and How to Build Resiliency.**"
- November 25, 2024: Berkeley Heights - Stephen Hill, founder of **Speak Sobriety**, a young person in recovery, a bestselling author, a recovery coach, and a defense attorney. He shared his story of recovery and strategies to foster resilience, support mental well-being, and prevent substance abuse in young people. (He also speaks with Millburn seniors each year on the harmful effects of drugs and alcohol on both the individual and the family.)
- February 5, 2025: New Providence - **Screenagers** - Movie screening and panel discussion. "Impact of the digital age on children, harmful effects, and finding balance."
- April 9, 2025: Chatham - Matt Bellace, psychologist, comedian, and author. "**Supporting Teens in Reducing their Stress (and Ours).**"
- May 20, 2025: Millburn - **The Dangers of Gambling**, presented by Sports Media Personality Craig Carton, who will share his personal journey of recovering from gambling addiction.
- **MMAC Parent Presentations**

The Consortium of Berkeley Heights, Chatham, Millburn, New Providence, and Summit School Districts, present the Parent Wellness Series: What You Need to Know



THE IMPACT OF THE DIGITAL AGE ON CHILDREN, AND HOW TO HELP THEM MINIMIZE HARMFUL EFFECTS AND FIND BALANCE

SCREEN AGERS



GROWING UP IN THE DIGITAL AGE

Wednesday, February 5, 2025

6:30 PM - *Pizza

7:00-8:30 PM – Movie Screening & Expert Panel Discussion

New Providence High School
Auditorium

35 Pioneer Road, New Providence, NJ 07974

*Free Pizza for all pre-registered attendees!

*\$5 Starbucks Gift Cards for all pre-registered students!

[Register Here](#)



Contact Dave Chango with any questions Dchango@npsdnj.org

This event is generously sponsored by
The Kimberly Anne Wilson Foundation
www.kawfoundation.org



Parent Education Presentations Next Wednesday

April 24, 2024: Parent Wellness Series

Beyond Books: Helping Students Navigate College Expectations vs. Realities

All parents, and high school Seniors are invited to attend



The Consortium of Berkeley Heights, Chatham, Millburn, New Providence, and Summit School Districts invite you to attend:

Parent Wellness Series: *What You Need To Know*

Beyond Books: Helping Students Navigate College Expectations vs. Realities

Presented by: Audra Tonera, MSed, LPC, LCADC
Executive Director of Counseling and Wellness at Drew University

Parents and Seniors are invited to this informative event

This program will cover the following topics:

- How families can provide support to students with the transition to college
- Experiencing new roles
- Engaging with the campus community
- Making healthy choices and ways to support mental health
- Creating a plan for success

Wednesday, April 24th at 7:00 pm

Millburn High School Auditorium



The Consortium of Berkeley Heights, Chatham, Millburn, New Providence, and Summit School Districts invite you to attend:

Parent Wellness Series: *What You Need To Know*
Parents & Students are invited to attend this informative program

The Dangers of Gambling

Presented by: Sports Media Personality Craig Carton

This program will cover:

Craig's personal journey of recovering from gambling addiction

"As someone who has personally navigated the challenges of gambling addiction, I understand the impact it can have on your life and the lives of those you care about. The road to recovery isn't easy, but I've committed myself to helping others who are facing similar struggles."

Craig's mission is to "inspire hope, offer support, and remind everyone that the path to regaining control starts with understanding."

Tuesday, May 20th at 5:00 PM

Meet & Greet 5:00-5:15

Presentation 5:15-6:00

Q&A

Millburn High School Auditorium

Thursday, May 1, 7 pm - Join MMAC for a Book Club discussion of the bestselling book, "The Anxious Generation" by Jonathan Haidt.

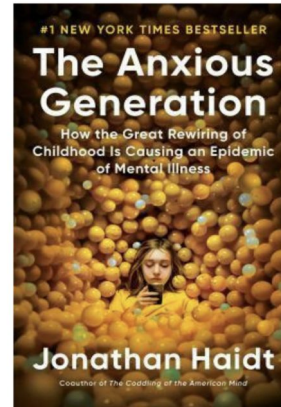


BOOK GROUP



THE ANXIOUS GENERATION: MMAC PARENT BOOK CONVERSATION

Join MMAC as we bring together parents and experts in the community to discuss the bestselling book *The Anxious Generation* by Jonathan Haidt. Share your own anxieties, concerns and successes as we learn how to best support our students social/emotional health from elementary school through graduation and beyond.



May 1st at The Book House - 281 Essex Street, Millburn
6:30-7:00 pm Refreshments and Browsing
7:00-8:00 Discussion

Support our local bookstore and purchase a copy at The Book House

Please RSVP at mmacupdates@gmail.com

- September 5, 2024: John Comegno, of the Comegno Education Institute, presented **“Working Together to Support Student Wellness.”** He provided information and tips for supporting student wellness, both at home and in school.
- November 19, 2024 - **Grading for Equity** with Joe Feldman, the author of *Grading for Equity*. Mr. Feldman provided data on the best grading practices for schools and shared information on how more equitable grading, when implemented effectively, creates a more rigorous and positive school experience for all.
- November 14, 2024 - **Internet Safety Presentation with Millburn Police Department.** Youth Detective Alyssa Salemi and other officers shared tips for parents and students to navigate the digital world safely, and learn about current cybercrime trends and safety concerns affecting children in our community.
- **Coffee Chats** - Dr. Diskin has held a number of community coffee chats to introduce herself and the Curriculum Supervisors to the community. These will be continuing as a way to answer questions about the school district and the programs offered, to alleviate parental concerns.







TAKE
A DEEP
BREATH

TAKE
A DEEP
BREATH

STRONG
SMART
FEARLESS

YOU ARE
AMAZING!

YES!
I CAN
DO IT

BE CALM
BE QUIET
BE KIND

MAKE IT
HAPPEN

BE CALM
BE QUIET
BE KIND

BE CALM
BE QUIET
BE KIND

BELIEVE
IN
YOURSELF

BELIEVE
IN
YOURSELF

ENJOY
EVERY
MOMENT

MAKE IT
HAPPEN

BE CALM
BE QUIET
BE KIND

ENJOY
EVERY
MOMENT

FOCUS
LISTEN
BREATHE

LISTEN
BREATHE

I DO IT

ENJOY
EVERY
MOMENT