

Holicong Community,

This past Friday CBSD hosted a professional training day that focused on Staff & Student Social-Emotional Wellness. The social-emotional well-being of our students has been a priority at Holicong and Central Bucks, and we felt it worthy to share a brief overview of the day. There are links included within the document to resources.

Our keynote speaker was Dr. Dahlsgaard from the Philadelphia Children's Hospital of Pennsylvania (<https://www.katherinedahlsgaard.com/>). She continues to write for the Philadelphia Inquirer and you can follow her on Instagram at "braveisbetter." She spoke about the importance of hope as a means to help us through difficult situations and overcome the stress and anxieties our students (and we as adults) face. Two of the main takeaways from this session from me were:

- 1) Our job is to instill hope – and this is done not through talking but through ACTION
- 2) To achieve success in overcoming our stress – we must start with a SPECIFIC GOAL & RELENTLESS STRATEGIES that we utilize to reach that goal

This session was followed by collaborative discussion groups of K-12 teachers, counselors, nurses, curriculum supervisors, administrators, and others with a focus on the struggles our students are facing and ways in which we can provide support through our school systems.

One of the afternoon sessions focused on Q.P.R. training for staff. QPR stands for Question. Persuade. Refer. (<https://qprinstitute.com/>). This is work we will continue with at Holicong in some fashion with students and staff, as the presenter stressed the importance that you do not have to be a licensed therapist or counselor to talk to someone who expresses signs of suicide and the most important thing is to seek help immediately if anyone (students, parent, teacher, administrator...anyone) have a concern about another person.

The other afternoon session focused on staff wellness and staff members participated in a variety of wellness activities to encourage our own health and wellness. A special thanks to Holicong staff members Meg Mautz, Jim Glaser, Melissa Hallman, Matt Palmer, Amanda Piergallini and others who led wellness sessions for their colleagues!

We will continue to make social-emotional wellness work a priority at Holicong for our entire community. If you haven't visited the Parent Resources page recently, please visit our links on [Social-Emotional Health & Wellness](#) and [Technology & Digital Literacy](#). We have included a variety of resources for parents & staff on these topics as a means to help our students navigate the world of adolescence!

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