

BUILDING BRIDGES

A MONTHLY NEWSLETTER FROM YOUR SCHOOL SOCIAL WORKERS
CONNECTING HOME AND SCHOOL

FROM THE SOCIAL WORKER'S DESK

As we move into April, our school community is entering an important stretch of the year. With standardized testing on the horizon, students may begin to feel a mix of pressure, anticipation, or even self-doubt. This is a time to remind our children that these tests are just one way to show what they've learned, they do not define who they are. Encouraging healthy routines like getting enough sleep, eating well, and taking breaks can make a big difference in helping students feel prepared and confident.

April is also a time to refocus and finish the school year strong. Whether it's improving attendance, staying organized, or putting forth best effort in the classroom, every day counts. Small steps can lead to big growth, and it's never too late for a strong finish.

Please don't hesitate to reach out if your child needs extra encouragement, resources, or someone to talk to during this busy season.

Reminder:

Report cards and other important school updates are sent to parents/guardians via email. To ensure you receive all communications, make sure your email address and phone number on file is current and accurate.

To update your contact information, please reach out to your school's main office for assistance. Keeping your information up to date helps us stay connected and keep you informed!

Stress Awareness Month: Tips for Keeping Stress in Check

Stress is something everyone experiences, though it can look and feel different for each person. In general, stress can be understood as physical, mental, or emotional tension that arises when we feel overwhelmed, anxious, or threatened.

When we encounter a stressful situation, our bodies react by releasing stress hormones that increase heart rate, blood pressure, and energy levels. While this response can be helpful in short-term or emergency situations, ongoing stress over time can negatively impact our overall health and well-being.

Learning healthy ways to manage stress and seeking the right support can make a big difference. Some helpful strategies include:

- Taking care of yourself by eating well, staying active, getting enough sleep, and allowing time to rest and recharge
- Talking with someone you trust, such as a family member, friend, doctor, or counselor, about what you're experiencing
- Avoiding drugs and alcohol, which can increase stress and create additional challenges
- Recognizing when you may need extra support and reaching out to a trusted adult if stress becomes overwhelming

Remember, it's okay to ask for help.



FAMILY RESOURCE CORNER



PA CareerLink offers a wide range of free services to help students and soon-to-be graduates prepare for life after high school. For youth and graduating seniors, PA CareerLink provides support with job searching, resume building, interview preparation, and career exploration.

Students can also access job training programs, learn about apprenticeships, and get connected to local employers who are hiring. In addition, PA CareerLink can assist with setting career goals, exploring post-secondary options, and building important workplace skills.

Whether you're planning to enter the workforce, continue your education, or explore different career paths, PA CareerLink is a valuable resource to help you take the next step. To connect and learn more visit www.pacareerlink.pa.gov/

CRISIS HELP

Lycoming County Center for Community Resources Crisis Intervention Services:
Call: (844) 707-3224
Text: 63288

Walk-in Services available 24 hours per day, 7 days per week:
800 W. 4th Street, Suite 104, Williamsport, PA 17701

DID YOU KNOW?

You can connect with your school social worker in several ways. Reach out through the main office, send an email or a text message, make a phone call, or ask a teacher or staff member to help you get connected.

School social workers are here to support both students and families. Students may meet with a social worker for help with stress, anxiety, big emotions, friendship concerns, or challenges with attendance. Families can also reach out for support in accessing community resources, counseling services, or other helpful programs.

No concern is too small—reaching out is a positive step, and support is always available!

CONTACT YOUR SCHOOL SOCIAL WORKER

WAHS (GRADES 9-12)
MR. PHIL BAUGHMAN
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WAMS (GRADES 7-8) &
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MS. CHRISTIE PECK
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CURTIN & LYCOMING VALLEY
(GRADES 4-6)
MS. KELSEY HOPE
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COCHRAN, HEPBURN LYCOMING &
JACKSON (GRADES K-3)
MS. SHANNON EVANS
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COME WALK FOR MENTAL HEALTH AWARENESS!
HOSTED BY THE MILLIONAIRE HOPE SQUAD

SUNDAY, MAY 3, 2026
1PM - 3PM
2990 W. FOURTH STREET, WILLIAMSPORT, PA
WAHS BUS LOOP

