SEPTEMBER 2025 VOL 1

BUILDING BRIDGES

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

FROM THE SOCIAL WORKER'S DESK

Welcome to the first edition of BUILDING BRIDGES – a monthly newsletter from your school social workers designed to keep you informed, supported, and connected. Each edition will share helpful resources, tips for supporting student well-being, and ways we can all stay connected.

Our goal is to strengthen the bridge between school and home, because when we work together, students succeed. Thank you for being an essential part of our school community!

CONTACT YOUR SCHOOL SOCIAL WORKER

WAHS (GRADES 9-12)
MR. PHIL BAUGHMAN
570-220-1589

WAMS (GRADES 7-8) & ALTERNATIVE PLACEMENTS
MS. CHRISTIE PECK
570-419-5876

CURTIN & LYCOMING VALLEY (GRADES 4-6)
MS. KELSEY HOPE
570-980-8519

COCHRAN, HEPBURN LYCOMING & JACKSON (GRADES K-3)
MS. SHANNON EVANS
570-772-0080

September is recognized as National Suicide Prevention Month, a dedicated time to raise awareness about suicide prevention and promote resources for those who may be struggling with suicidal thoughts or have been impacted by suicide.

FAMILY RESOURCE CORNER

AMERICAN RESCUE WORKERS CLIENT CHOICE FOOD PANTRY

Hours of Operation
Monday: 9AM - 6PM
Tuesday: 9AM - 4PM
Wednesday: 1PM - 4PM
Thursday: 9AM - 4PM
Friday: 9AM - 4PM

Contact Info
For information or assistance contact:
Social Services Center
Office: (570) 323-8401 ext. 2

American Rescue Workers Social Service Center
337 Bridge Street, Williamsport, PA 17701

STUDENT WELLNESS: MANAGING BACK TO SCHOOL ANXIETY

The start of a new school year brings excitement, but also nerves, especially for students adjusting to new classrooms, teachers, routines, or schools. A little anxiety is normal, but with the right tools, families can help kids feel confident and calm.

Tips for Students:

- Talk about it- It's okay to feel nervous! Naming the feeling can help take away its power.
- Pack and Plan Ahead - Reduce stress before school by preparing school supplies and clothes the night before. It makes the morning feel easier.
- Focus on What You Can Control – You can't control everything, but you can get a good night's sleep and ask for help when you need it.

Tips for Parents & Guardians:

- Validate their feelings – instead of saying "you'll be fine," try "I know it can feel a little scary. Let's talk about what might help."
- Stay involved - Go to school events, meet with teachers, and keep up to date with your child's progress to show you care and support them. If there are any concerns, work together to create a plan that will get them back on track.
- Model Calm – Kids take cues from adults. Taking care of your own stress helps create a calm environment at home.

Still struggling? Reach out to your school social worker for additional tips and support.

DID YOU KNOW?

Every school building in our district has a clothing closet. Our clothing closets provide free, gently used clothes and basic necessities to students and families in need. We aim to ensure every student feels confident and comfortable.

PARENT Q&A

Q: Why does the school need a written excuse if I already called to report my child's absence?
A: While calling the school helps us know your child is safe and why they are absent, a written excuse is required by school policy and state attendance laws to officially document the absence.

You can turn in an excuse by sending a note with your child or emailing the attendance office.

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

Suicide and Crisis Hotline:
Call or text 988

988 SUICIDE & CRISIS LIFELINE