



Jaguar School Counseling
November 2025
NEWS & UPDATES

School Skills: Setting Kids Up for Success



We saw a wonderful turnout for our first NCAIS Lunch and Learn on "School Skills, Setting Kids Up for Success" by Lisa Damour – NYT best-selling author, psychologist, and host of the Ask Lisa podcast.

Did you not get to make it this time? Well, have no fear! You can still access the recorded webinar until January 31, 2026. I will happily send you a link as well as a "study guide" I created just for you. Simply email your request to kcreamer@salisburyacademy.org.

Organizational Psychology Mini-Academy

In the month of October, a select group of middle school students participated in an Organizational Psychology Mini-Academy. Two cohorts were provided an opportunity to learn the brain science behind focus, motivation, and creating habits for success.

November will see a new group of students as they explore skills and strategies for resolving conflicts peacefully and constructively as well as becoming experts in building and maintaining healthy relationships while navigating social challenges in our Diplomacy Mini-Academy.



.....

Coffee with Creamer



I host a monthly open coffee date with parents of ALL grade levels. Last month we shared an “underrated perk” of parenting. The answers were both hilarious and heartwarming. Use the QR code to let me know you are coming to the next one on **Friday, November 14 from 7:45-8:30 a.m. in the Main Campus Library.**

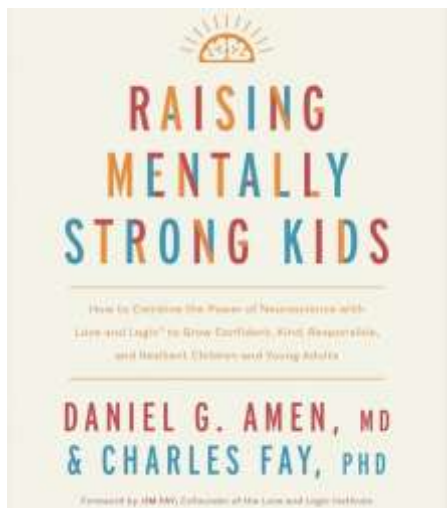


Lunch & Learn Community Event

We are excited to host you as well as the greater Rowan community on **November 11 @ 12 p.m. in our brand new Community Connection Center** as a continuation of the NCAIS Parent Series. Throughout the year, the NCAIS Parent Series will offer six exceptional webinars addressing various topics designed for school parents and caregivers in all stages of their children’s growth. Next, we will hear from author and social psychologist, Jonathan Haidt, as he presents *How the Great Rewiring of Childhood Impacted Everything + What We Can Do About It*. **Let us know you’re coming and reserve your lunch by Nov. 6:** <https://forms.gle/nbD2jwsa3D6OS1Em9>



2025-2026 Book Club



Blood flow. Rational thinking. Inflammation. Genetics. Head trauma. Toxins. Mental health. Immune system problems. Neurohormone issues. “Dia-besity.” Sleep. How do these factors impact our children’s brain health and ultimately their development into adaptable, resilient, empathetic, and successful adults?

Join us this year as we read, consider, and discuss *Raising Mentally Strong Kids* by Charles Fay and Daniel Amen. This book discusses “how to combine the power of neuroscience with love and logic to grow confident, kind, responsible, and resilient children and youth adults.” Event to follow in March 2026.

.....