



Jaguar School Counseling

OCTOBER 2025
NEWS & UPDATES

Mental Health Crisis Preparedness

As of last month, 100% of staff has now been trained in our Mental Health Crisis Protocol. This information can be found in your Family Handbook. I am very encouraged by the dedication of the Salisbury Academy staff and their efforts to ensure they have the best information and skills to support students in any situation.



Chill Time

We all find ourselves sometimes needing a few minutes to decompress in a space that expects exactly nothing from us. Every other week, Upper School students are welcome to join me for “Chill Time” where we do precisely that. Students show up, share what’s new if they feel like it, perhaps play a “friendly” game of Uno, and just connect for the sake of being with one another.



Leadership Mini-Academy

In the month of September, a select group of middle school students participated in a Leadership Mini-Academy. This small cohort was provided an opportunity to explore their own strengths, identify common qualities of great leaders, and develop individual goals for increasing their confidence and skills in leading teams and communities towards excellence.



Coffee with Creamer

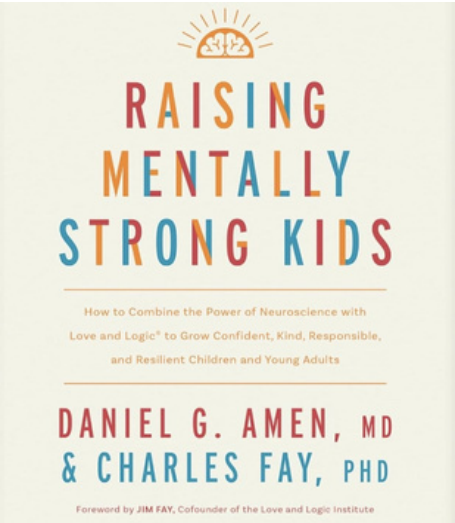


I host a monthly open coffee date with parents of ALL grade levels. This is an opportunity for us to be together and chat about what is new with your students. Use this time to drop-in, grab a cup of coffee, and say hello. Use the QR code to let me know you are coming to the next one on **Friday, October 10 from 7:45-8:30 a.m. in the Main Campus Library.**



NCAIS Community Event

We are excited to host you as well as the greater Rowan community on **October 7 @ 12 p.m. in our brand new Community Connection Center** as a part of the NCAIS Parent Series. Throughout the year, NCAIS Parent Series will include six exceptional webinars addressing various topics designed for school parents and caregivers in all stages of their children’s growth. First up, we will hear from author and host of the “Ask Lisa” Podcast, Lisa Damour, as she presents *School Skills: Setting Kids Up for Success*. Let us know you’re coming and reserve your lunch by Oct. 2: <https://forms.gle/nbD2jwsa3D6QS1Em9>



2025-2026 Book Club

Loving or hostile? Firm or permissive? What do the experts say about parenting styles and the resulting development of our children?

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 Spring.