



Bridgeton Public Schools

Student Support Office

Thomas C. Lane, IV Administration Building
41 Bank Street
Bridgeton, New Jersey 08302

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Services

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Dear Parents,

Socially and emotionally healthy children communicate well, attend to adults, and play well with peers. To achieve these important relationship-building and school-success skills, children need opportunities and support to learn behaviors such as listening, sharing, helping, and controlling their frustrations or anger when upset. These behaviors epitomize social-emotional learning (SEL). In addition to this Bridgeton Public Schools also have added the **Mental Health Component to support our students.**

SEL/ Mental Health skills play an important role in improving academic skills. In fact, many researchers refer to social and mental skills as the most important academic enablers! Classrooms are instructionally rich places to teach social-emotional and mental skills because children have many opportunities to practice both verbal and nonverbal communication, initiate conversations, and respond to others.

During the next 10 weeks, all of the students in your child's class will be working to improve their social skills and mental health. We will be using a program called the SSIS Social and Emotional Learning Classwide Intervention Program and BESS Skills, a structured yet flexible and efficient way to integrate opportunities to teach the skills listed below to our students.

The skills we will be working on are:

1. Listening to others
2. Following the steps
3. Following the rules
4. Paying attention to your work
5. Asking for help
6. Taking turns when you talk
7. Getting along with others
8. Staying calm with others
9. Doing the right thing
10. Doing nice things for others

Mental Health Components

- Stress Level Management
- Stress Less, Resilience, yes
- Healthy Stress Management
- Social Support Empowerment
- Empowering Social Support Skills
- Asking for and accepting social support



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- Offering and Giving Social Support
- Setting goals for improving social-emotional behavior
- Replacing negative emotional and behavioral concerns
- Healthy Routines for Moving Forward
- Building and Personal smart goals for success

Yours Respectfully,

Eniola Ajayi, Ph.D

Director of Special Education and Student Support Services