



# Collingswood High School

*It's Where You Want to Learn*



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Dear Collingswood, Oaklyn & Woodlynne School District Families,

We hope you are enjoying the last week of summer break. As we navigate through an unprecedented start to our school year, the Collingswood Teachers, Staff and Administration see the importance of dedicating time to prioritize health and social/emotional well-being, along with grades and attendance. As our district is committed to promoting students' behavioral and mental health in a variety of ways, we will be following a multi-tiered system to provide social, emotional and learning support at the secondary (6-12) level. This will include concentration on relationship building with classroom teachers and staff, SEL activities in the Health & Physical Education classes, an SEL support team and school counseling services.

Please see the following resources specific to COVID-19, remote learning, mental health and contact information for support staff in our middle and high schools.

## **General Resources for Middle School & High School Students/Parents**

- [Camden County Resource Compass](#) - A comprehensive directory of available services and programs in Camden County
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#) -- from the National Association of School Psychologists and National Association of School Nurses
- [Managing Anxiety and Stress](#) -- from the CDC.
- [Taking Care of Your Mental Health in the Face of Uncertainty](#) -- from the American Foundation of Suicide Prevention.
- [How to help children and teens manage their stress](#) -- from the American Psychological Association.
- [Helping Children and Teens Cope with Anxiety About COVID-19](#) -- from Seattle Children's Hospital.
- [Care for Your Coronavirus Anxiety](#) -- wealth of research-backed and helpful tools --articles, meditations, access to mental health experts, anxiety screenings, and more.
- [Coping With Stress During Infection Disease Outbreaks](#) -- from the Substance Abuse and Mental Health Services Administration.

## **Mindfulness and Reducing Stress/Anxiety**

- [Calm](#) -- relaxation app.
- [GoZen](#) -- online social and emotional learning programs for students experiencing anxiety.
- [Down Dog app](#) -- yoga; free access until July 1st for all students and teachers (K-12 and college).
- [13 Minutes Body Scan Meditation For Teens and Adults/ Mindfulness For Children](#)
- [16/21 Days of Mindfulness Bootcamp 5 Minutes Mountain Meditation - Mindfulness for Teens & Adults](#)
- [1 Minute Mindfulness Activities](#)

School Counselors and Child Study Team members are here to support students with their academic, social/emotional and college and career readiness needs. Please reach out via phone or email to set-up a phone conference, Google Meet/Zoom or appointment with a counselor/case manager. The counselors also advise all students to check their school email on a daily basis for academic and counseling information.

**High School Counseling Team:** (856) 962-5701

Mrs. Goodall (Last names A - Gh) x6008 [lgoodall@collsk12.org](mailto:lgoodall@collsk12.org)

(\*Please note: Mr. Adams will be covering Mrs. Goodall's caseload until the beginning of October)

Mr. Friedman (Last names Gi - O) x6009 [mfriedman@collsk12.org](mailto:mfriedman@collsk12.org)

Mrs. Smith (Last names P - Z) x6010 [ksmith@collsk12.org](mailto:ksmith@collsk12.org)

Mr. Adams (School Counselor) x6007 [kadams@collk12.org](mailto:kadams@collk12.org)

Mrs. Willis (Counseling Secretary) x6006 [dwillis@collsk12.org](mailto:dwillis@collsk12.org)

Mrs. Taylor (Counseling Supervisor) x6011 [ttaylor@collsk12.org](mailto:ttaylor@collsk12.org)

**Middle School Counseling Team:** (856) 962-5702

Ms. Alexander (Last Names A – K) x6714 [kalexander@collsk12.org](mailto:kalexander@collsk12.org)

Ms. Earle (Last names L – Z) x6715 [aearle@collsk12.org](mailto:aearle@collsk12.org)

(\*Note: Mrs. Zizzamia [azizzamia@collsk12.org](mailto:azizzamia@collsk12.org) will be covering Ms. Earle's caseload until December)

Mrs. Gross (Counseling Secretary) x6700 [agross@collsk12.org](mailto:agross@collsk12.org)

**Secondary Child Study Team:** (856) 962-5702

Debi Vesper, School Psychologist (Last Names CHS A -J) x6514 [dvesper@collsk12.org](mailto:dvesper@collsk12.org)

Nicole Pelillo, Social Worker (Last Names CHS K - Z) x6517 [npelillo@collsk12.org](mailto:npelillo@collsk12.org)

Paris Stafford, School Psychologist (Walker, Waller & McLoughlin Students) x6515  
[pstafford@collsk12.org](mailto:pstafford@collsk12.org)

Sabrina Morales, School Psychologist, BCBA (CMS & CHS - MD Programs) x6516 [smorales@collsk12.org](mailto:smorales@collsk12.org)

Grace Mannino, LDT-C (CMS - POR & Academic Support) x6521 [gmannino@collsk12.org](mailto:gmannino@collsk12.org)

Felicia Easterling, Social Worker (IGNITE 18-21 Program) x6515 [feasterling@collsk12.org](mailto:feasterling@collsk12.org)