

Project Alpha

NEWSLETTER

October 2020

Project Alpha - An Overview



What is Project Alpha?

Our Mission Statement:

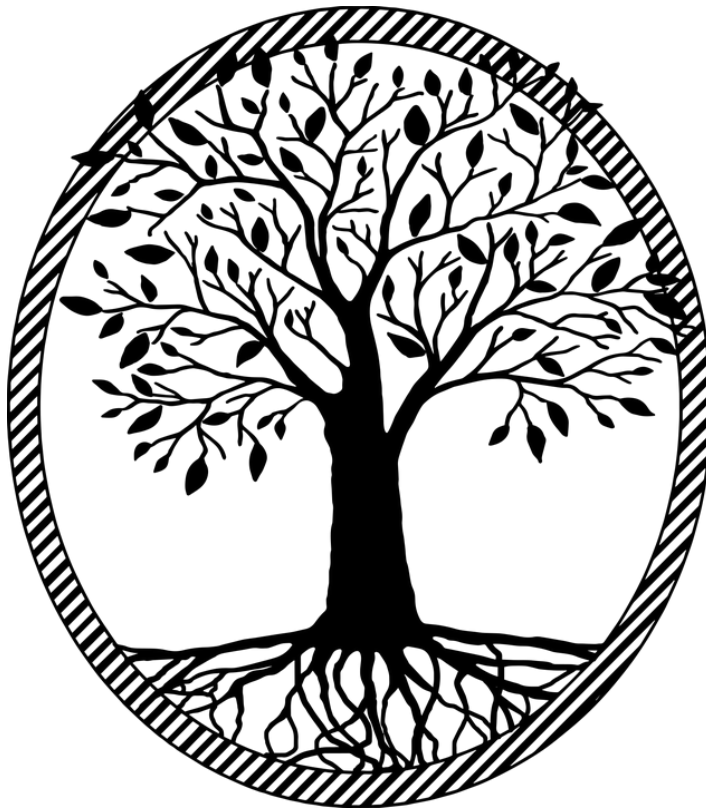
To assist in supporting a positive, well rounded, safe, nurturing environment for our students that encompasses a growth mindset, social emotional learning, positive teacher-student relationships, and an on-going resource for parents, teachers, administrators, and students to support the mental health of all individuals and promote academic excellence.

Who We Are:

Project Alpha is a team of licensed clinical social workers and certified school counselors. We are part of a grant-driven program through the Mother Cabrini Foundation that has been funded to the Department of Education of the Diocese of Rockville Centre.

What We Do:

The primary role of Project Alpha is to provide outreach and ancillary supportive services to our students, families, and educators. This will be done through the implementation of workshops devoted to the social emotional well being of our students, informational mental health resources for our educators, as well as guidance and support for families. We will also create webinars and videos on various mental health information that will be distributed within our Catholic Schools. Project Alpha also has a website that contains important mental health information that can be easily accessed by our educators, students and families. This virtual resource will be integrated within all the Catholic School's websites for easy accessibility. Our team will be continually monitoring the progress of our program and implementing new strategies that coincide with the changes that take place in our schools and in society.



To our School Administrators:

- ★ Please look out for our **needs assessment form** that was sent to you. This google form will help our Project Alpha team with creating services geared towards your individual school needs. Please take a moment to fill out the form and submit. Requests that you may have for your school must be made directly from you. We appreciate your time and help with this process.

 - ★ We will be sending out our first video workshop in the next few weeks that may be shown during your professional development day on November 6th for all faculty members. The workshop presented is on anxiety for teachers, and ways to cope with anxiety in and out of the classroom. We will also be providing a completed lesson plan for teachers to use in their classes, a one page handout for teachers to know signs/symptoms of anxiety in their students and tips on how to cope, as well as a newsletter on anxiety that can be distributed to the families in your communities.

 - ★ Please distribute and discuss this newsletter to your faculty members so they get an introduction to Project Alpha and our purpose.
-



What to look forward to:

- ❑ Fall workshop video on how to cope with anxiety for educators.
- ❑ Keep an eye out for our monthly newsletters.
- ❑ Project Alpha's website/eboard



Thank you for taking the time to read our Newsletter. We look forward to working with all of our dedicated Catholic School staff and to be a positive resource to our communities.

From the Team at *Project Alpha*.

- ★ For inquiries and questions please email Project Alpha at projectalpha@drvcschools.org