



**MEDIA RELEASE
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**Rumson Student Services Ignites Community Dialogue:
Unleashing Student Potential through Innovative
Anxiety Management and Mindfulness Coffee Talk**



Rumson, NJ - Rumson School District's Department of Student Services hosted an insightful and engaging Coffee Talk session for parents, focusing on the critical topics of anxiety and mindfulness. The event aimed to equip parents with invaluable tools to bolster their children's social-emotional well-being. The session kicked off with a warm welcome and a moment of gratitude, setting a positive tone for the discussion ahead. Led by district SEL members, Mrs. Amanda Fahy, Guidance Counselor, and Mrs. Kathryn Benny, Mindfulness teacher, the presentation delved into the root causes and indicators of stress and anxiety experienced by school-aged students. Academic pressures, social interactions, and past traumas emerged as common stressors, prompting parents to keenly absorb the strategies offered.

Parents received actionable tips to assist their children in navigating anxiety effectively. Emphasizing the significance of acknowledging their child's emotions, the SEL team advocated for creating a nurturing environment conducive to open dialogue. Strategies centered on focusing on manageable aspects and exemplifying healthy coping mechanisms were highlighted as vital parental tools. Effective communication strategies emerged as a focal point, with parents gaining insights into offering reassurance and empathy. The session stressed the importance of avoiding dismissive language, underscoring the profound impact of words on a child's emotional well-being. Furthermore, the session delved into alternative approaches for managing anxiety, highlighting the importance of adopting diverse coping strategies.

While mindfulness was discussed, the focus shifted towards integrating it practically into family routines. Parents were offered personalized recommendations, ranging from incorporating mindfulness into daily activities to implementing mindful communication practices. The key takeaway emphasized the significance of starting with small steps and maintaining consistency to nurture mindfulness within the family environment.

Dr. Michael Snyder, Director of Student Services, expressed his enthusiasm, stating, "We are thrilled to have provided parents with valuable insights and strategies to support their children's mental health. By fostering open communication and integrating practical techniques into daily routines, we empower our children to manage stress and anxiety more effectively." Dr. Snyder continued, "In a time where mental health awareness is paramount, Rumson School District remains committed to equipping parents with the resources needed to champion their children's well-being." Moreover, Dr. John Bormann, the Superintendent of Rumson, underscored the district's commitment to implementing universal pathways to support students' development. Dr. Bormann emphasized that these practices are strategically aligned with developmental stages, aiming to foster independence through learned practices that are developmentally appropriate.