

IRVINGTON PUBLIC SCHOOLS

"SUICIDE PREVENTION WEEK"

September 9-13, 2019

Suicide Prevention Is Everyone's Business!

Join us in this important dialogue.

Here are a few ways each school is providing prevention.

DISTRICT-WIDE ACTIVITIES BY SCHOOL

AUGUSTA STREET PRESCHOOL	AUGUSTA PRESCHOOL ACADEMY ACTIVITIES: <ul style="list-style-type: none">• Suicide prevention Information is being provided to parents and staff in English and Spanish (i.e., facts and myths) regarding signs and symptoms of depression and suicidal ideation, and resources to help.• Staff members are encouraged to speak with the school social worker and/or a mental health specialist if they feel they need counseling for themselves, a relative and/or a close friend.• A list of suicide prevention resources and hot line numbers are begin made available to parents and staff members.• Suicide Prevention materials are left out on the Parent Community Board in the entrance area of the building where parents gather.• Staff presentation on Suicide Awareness will be scheduled via building principal.
BERKELEY TERRACE	BERKELEY TERRACE ACTIVITIES: <p>Each day, encouraging quotes will be made during the morning announcement to recognize Suicide Awareness Week:</p> <p><u>Monday</u> "Place your hand over your heart, can you feel it? This is called purpose. You're alive for a reason so don't give up". Unknown</p> <p><u>Tuesday</u> "Place your hand over your heart, can you feel it? This is called purpose. You're alive for a reason so don't give up". Unknown</p> <p><u>Wednesday</u> "Never never never give up." – Winston Churchill</p> <p><u>Thursday</u> Yes, life is changeling, however we are here to help to figure it out. " So Never never never give up." – Winston Churchill</p> <p><u>Friday</u> "Running away from your problems is a race you'll never win". Unknown</p> <p>All the morning announcements will be made by the Health & Social Service</p>

	<p>Coordinator (HSSC) when present in the assigned building. A designated person will make the announcements when the HSSC is not scheduled.</p> <p>Students will be given exposure to the fact that Suicide Awareness is observed during the month of September. This will enable students to become more familiar with this subject on an elementary school level.</p> <p>The HSSC will make a Staff Presentation on Suicide Awareness.</p>
CHANCELLOR AVENUE	<p>CHANCELLOR AVENUE ACTIVITIES:</p> <ul style="list-style-type: none"> • There will be a reading of the “Stop Suicide Pledge” daily. • The HSSC will share youth suicide statistics. • The Warning Signs will be shared and discussed with staff. • The steps to take when someone has thought of suicide or makes suicidal statements will be discussed with staff. • There will be literature in English and Spanish available for parents. • A staff presentation will be provided.
FLORENCE AVENUE	<p>FLORENCE AVENUE ACTIVITIES:</p> <ul style="list-style-type: none"> • There will be a reading of the “Stop Suicide Pledge” daily. • The HSSC will share youth suicide statistics. • The HSSC will make class visits. • The Warning Signs will be shared and discussed. • The steps to take when someone has thought of suicide or makes suicidal statements will be discussed with staff. • There will be literature in English and Spanish available for parents. • A staff presentation will be provided.
GROVE STREET	<p>GROVE STREET ACTIVITIES:</p> <p>Each day, encouraging quotes will be made during the morning announcement to recognize Suicide Awareness Week:</p> <p><u>Monday</u> “Place your hand over your heart, can you feel it? This is called purpose. You’re alive for a reason so don’t give up”. Unknown</p> <p><u>Tuesday</u> “Place your hand over your heart, can you feel it? This is called purpose. You’re alive for a reason so don’t give up”. Unknown</p> <p><u>Wednesday</u> “Never never never give up.” – Winston Churchill</p> <p><u>Thursday</u> Yes, life is changeling, however we are here to help to figure it out. “ So Never never never give up.” – Winston Churchill</p> <p><u>Friday</u> “Running away from your problems is a race you’ll never win”. Unknown</p> <p>All the morning announcements will be made by the Health & Social Service</p>

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MADISON AVENUE	<p>MADISON AVENUE ACTIVITIES:</p> <p>Daily morning announcements will be made related to seeking assistance when needed, the adults who can provide help, how to help a friend in need, and the importance of seeking help when needed.</p> <p>Small group activities on seeking assistance when needed, anger management, bullying and conflict resolution will be provided throughout the building.</p>
MT. VERNON	<p>MT. VERNON ACTIVITIES:</p> <p>Daily morning announcements will be made related to seeking assistance when needed, the adults who can provide help, how to help a friend in need, and the importance of seeking help when needed.</p> <p>Small group activities on seeking assistance when needed, anger management, bullying and conflict resolution will be provided throughout the building.</p>
THURGOOD MARSHALL	<p>THURGOOD MARSHALL ACTIVITIES:</p> <p>The HSSC will conduct age appropriate interactive Classroom Presentations for every classroom, including:</p> <ul style="list-style-type: none"> • Using the emotions/feelings chart to help students identify their feelings. • Teaching healthy ways of expressing certain emotions such as anger, sadness, unhappiness, disappointment, and loneliness. (They will be taught that these feelings are normal and that we will all experience these feelings from time to time). • Talking about their feelings, being upset, and crying is ok. It is important that they share their feelings of hurt and anger with a trusted adult as it will be beneficial to them. • The students will be taught healthy ways of expressing certain emotions without turning these feelings inward, (on themselves) or acting out those feelings in negative ways. • Students will be taught the importance of identifying and talking about their feelings and using other strategies such as writing, drawing, painting, reading, playing with their siblings, playing educational video games, and being physically active. <p>A Staff presentation on Suicide Awareness and Prevention will be conducted at the faculty meeting.</p>
UNIVERSITY ELEMENTARY	<p>UNIVERSITY ELEMENTARY ACTIVITIES:</p> <p>The HSSC will conduct age appropriate interactive Classroom Presentations for every classroom, including:</p>

	<ul style="list-style-type: none"> ● Using the emotions/feelings chart to help students identify their feelings. ● Teaching healthy ways of expressing certain emotions such as anger, sadness, unhappiness, disappointment, and loneliness. (They will be taught that these feelings are normal and that we will all experience these feelings from time to time). ● Talking about their feelings, being upset, and crying is ok. It is important that they share their feelings of hurt and anger with a trusted adult as it will be beneficial to them. ● The students will be taught healthy ways of expressing certain emotions without turning these feelings inward, (on themselves) or acting out those feelings in negative ways. ● Students will be taught the importance of identifying and talking about their feelings and using other strategies such as writing, drawing, painting, reading, playing with their siblings, playing educational video games, and being physically active. <p>A Staff presentation on Suicide Awareness and Prevention will be conducted at the faculty meeting.</p>
UNION AVENUE MIDDLE SCHOOL	<div data-bbox="878 877 1015 1026" data-label="Image"> </div> <p>The week of September 9 - 13, 2019 has been designated as National Suicide Prevention Week. This campaign was initiated to bring awareness about the problems of suicide; to provide information about suicide prevention and to become familiar with the warning signs of suicide.</p> <p>The Irvington School District is participating in this national campaign by providing Suicide Prevention activities in all the district schools. At Union Avenue Middle School the following activities will occur:</p> <ul style="list-style-type: none"> ● We will begin the week by making daily announcements and taking a school wide suicide pledge during morning announcements. ● Selected students will recite daily quotes(suicide statistics, facts, myths, suicide hotline & school resources). ● Classroom presentations will be provided to the students on the topic of suicide prevention. ● Suicide links and hotline will be posted in designated areas in the school. ● A staff presentation will be conducted on Suicide Awareness and Prevention during faculty meeting. <p><i>STOP SUICIDE PLEDGE</i> <i>I Pledge that I Will;</i> <i>Tell someone if I need help;</i> <i>Be aware of the suicide warning signs in others;</i> <i>Ask directly about suicide if I'm worried about someone;</i></p>

Listen without judgment and do what I can to keep them safe.

The Daily Announcements:

Monday: Did you know that, in the United States, one person completes suicide every 11.9 minutes? Or that it's estimated that more than 5 million people in the United States have been directly affected by a suicide? Experts believe that most suicidal individuals do not want to die. They just want to end the pain they are experiencing. Experts also know that suicidal crises tend to be brief. When suicidal behaviors are detected early, lives can be saved. September 10th through September 14th is National Suicide Prevention Week. Please join Irvington Public Schools in supporting suicide prevention. Together we can reduce the number of lives shaken by a needless and tragic death. If you or anyone you know is struggling with suicidal thoughts please know that there is help. **National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. In school you can talk to Ms. Ganthier, the Health and Social Services Coordinator (HSSC), Guidance Counselors, Administrators and Teachers. They will get you the help you need.**

Tuesday: Myth : Suicides happen without warning

Fact: Most teens who attempt or die by suicide have communicated their distress or plans to at least one other person. These communications are not always direct, so it is important to know some of the key warning signs of suicide. If you or anyone you know is struggling with suicidal thoughts please know that there is help.

National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. In school you can talk to Ms. Ganthier (HSSC), Guidance Counselors, Administrators and Teachers, they will get you the help you need.

Wednesday: Myth: Suicidal teens overreact to life events

Fact: Problems that may not seem like a big deal to one person, particularly adults, may be causing a great deal of distress for the suicidal teen. We have to remember that perceived crises are just as concerning and predictive of suicidal behavior as actual crises.

National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. In school you can talk to to Ms. Ganthier (HSSC), Guidance Counselors, Administrators and Teachers, they will get you the help you need.

Thursday: Myth: Only white males die by suicide

Fact: While some demographic factors contribute to higher risk for suicide, it is important to remember that suicide does not discriminate. Individuals of all genders, races, ethnicities, upbringings, and socio-economic kill themselves. Pay attention to what the person says and does, not what he/she looks like or how you believe that person should think, feel, or act.

National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. In school you can talk to Ms. Ganthier (HSSC), Guidance Counselors, Administrators and Teachers, they will get you the help you need.

	<p>Friday: Myth: Suicide cannot be prevented</p> <p>Fact: Suicide re-attempts in teens often occur in the first six months following a previous attempt, with data suggesting the window for a re-attempt may actually be within the first month after an attempt. Around this time, the relational routine with family and friends begins to return to normal; however, it may take longer for the teen to return to normal and he/she may feel abandoned by support systems when getting back to old routines. This is when the teen may start to face the same problems he/she had prior to the attempt and begin to think that suicide is the only solution. Teens who seem to recover very quickly may be at heightened risk, as it could indicate that they are planning their next attempt.</p> <p>If you or anyone you know is struggling with suicidal thoughts, please know that there is help. National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. In school you can talk to Ms. Ganthier (HSSC), Guidance Counselors, Administrators and Teachers, they will get you the help you need.</p>
UNIVERSITY MIDDLE SCHOOL	<div data-bbox="889 730 1010 871" data-label="Image"> </div> <p>The week of September 9 - 13, 2019 has been designated as National Suicide Prevention Week. This campaign was initiated to bring awareness about the problems of suicide; to provide information about suicide prevention and to become familiar with the warning signs of suicide.</p> <p>The Irvington School District is participating in this national campaign by providing Suicide Prevention activities in all the district schools. At University Middle School the following activities will occur:</p> <ul style="list-style-type: none"> • We will begin the week by making daily announcements and taking a school wide suicide pledge during morning announcements. • Selected students will recite daily quotes (suicide statistics, facts, myths, suicide hotline & school resources). • Classroom presentations will be provided to the students on the topic of suicide prevention. • Suicide links and hotline will be posted in designated areas in the school. • A staff presentation will be conducted on Suicide Awareness and Prevention during faculty meeting (TBD). <p><i>STOP SUICIDE PLEDGE</i> <i>I Pledge that I Will;</i> <i>Tell someone if I need help;</i> <i>Be aware of the suicide warning signs in others;</i> <i>Ask directly about suicide if I'm worried about someone;</i> <i>Listen without judgment and do what I can to keep them safe.</i></p> <p><u>The Daily Announcements:</u> Monday: Did you know that, in the United States, one person completes suicide every 11.9 minutes? Or that it's estimated that more than 5 million people in the</p>

United States have been directly affected by a suicide? Experts believe that most suicidal individuals do not want to die. They just want to end the pain they are experiencing. Experts also know that suicidal crises tend to be brief. When suicidal behaviors are detected early, lives can be saved. September 10th through September 16th is National Suicide Prevention Week. Please join Irvington Public Schools in supporting suicide prevention. Together we can reduce the number of lives shaken by a needless and tragic death. This week we will be making an announcement daily trying to crush any myths about suicide. If you or anyone you know is struggling with suicidal thoughts please know that there is help. **National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. In school you can talk to Ms. Lopez, the Health and Social Services Coordinator (HSSC), Guidance Counselors, Administrators and Teachers. They will get you the help you need.**

Tuesday: Myth : Suicides happen without warning

Fact: Most teens who attempt or die by suicide have communicated their distress or plans to at least one other person. These communications are not always direct, so it is important to know some of the key warning signs of suicide. If you or anyone you know is struggling with suicidal thoughts please know that there is help.

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Fact: Problems that may not seem like a big deal to one person, particularly adults, may be causing a great deal of distress for the suicidal teen. We have to remember that perceived crises are just as concerning and predictive of suicidal behavior as actual crises.

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	<p>routine with family and friends begins to return to normal; however, it may take longer for the teen to return to normal and he/she may feel abandoned by support systems when getting back to old routines. This is when the teen may start to face the same problems he/she had prior to the attempt and begin to think that suicide is the only solution. Teens who seem to recover very quickly may be at heightened risk, as it could indicate that they are planning their next attempt.</p> <p>If you yourself or anyone you know is struggling with suicidal thoughts, please know that there is help. National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. In school you can talk to Ms. Lopez (HSSC), Guidance Counselors, Administrators and Teachers, they will get you the help you need.</p> <p>September 10-14: Classroom Presentations - "Suicide Prevention, Warning Signs, What to Do" presented by Health & Social Services Coordinator and Guidance Counselors.</p> <p>September TBD: Staff Presentations - "Suicide Prevention, Warning Signs, What to Do" presented by Health & Social Services Coordinator.</p>
IRVINGTON HIGH SCHOOL	<p>IRVINGTON HIGH SCHOOL ACTIVITIES:</p> <p>The week of September 9, 2019 through September 13, 2019 has been designated as National Suicide Prevention Week sponsored by the American Association of Suicidology. This campaign was initiated to bring awareness about the problems of suicide; to provide information about suicide prevention and to become familiar with the warning signs of suicide. The Irvington School District is participating in this national campaign by providing Suicide Prevention activities in all the district schools. At Irvington High School we will begin the week by making daily announcements and providing contact information for anyone that may need someone to talk to.</p> <p>(Read daily after myths) Suicide is the second leading cause of death for young people between 10 to 24. Sometimes your struggle can be underestimated because of your age. But we hear you, and help is available.</p> <p>National Suicide Prevention Lifeline</p> <p>We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call 1-800-273-8255.</p> <p><u>Monday</u></p> <p>Suicide Myth</p> <p>People who talk about suicide are just trying to get attention.</p> <p>Suicide Fact</p>

People who die by suicide usually talk about it first. They are in pain and oftentimes reach out for help because they do not know what to do and have lost hope. Always take talk about suicide seriously. Always.

If you yourself or anyone you know is struggling with suicidal thoughts, please know that there is help. National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. In school you can talk to Ms. Hasan (HSSC), Guidance Counselors, Administrators and Teachers, they will keep it confidential and get you the help you need.

Tuesday

Suicide Myth

People who talk about wanting to die by suicide do not try to kill themselves.

Suicide Fact

People who talk about wanting to die by suicide oftentimes kill themselves.

Suicide does not have one single cause. Certain factors like substance abuse and untreated depression can lead to higher risk of suicide just as having a trusted group of friends can help protect you.

On average, one person dies by suicide every 11 hours in the state

Suicide is the 11th leading cause of death overall in New Jersey

If you yourself or anyone you know is struggling with suicidal thoughts, please know that there is help. National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. In school you can talk to Ms. Hasan (HSSC), Guidance Counselors, Administrators and Teachers, they will get you the help you need.

Wednesday

Suicide Myth

Suicide always occurs without any warning signs.

Suicide Fact

There are almost always warning signs.

Warning signs

- Talking about wanting to die or to kill oneself;
- Looking for a way to kill oneself;
- Talking about feeling hopeless or having no purpose;
- Talking about feeling trapped or being in unbearable pain;
- Talking about being a burden to others;
- Increasing the use of alcohol or drugs;
- Acting anxious, agitated, or reckless;
- Sleeping too little or too much;
- Withdrawing or feeling isolated;

- Showing rage or talking about seeking revenge; and
- Displaying extreme mood swings.

If you yourself or anyone you know is struggling with suicidal thoughts, please know that there is help. National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. In school you can talk to Ms. Hasan (HSSC), Guidance Counselors, Administrators and Teachers, they will get you the help you need.

Thursday

Suicide Myth

Once people decide to die by suicide, there is nothing you can do to stop them.

Suicide Fact

Suicide can be prevented. Most people who are suicidal do not want to die; they just want to stop their pain.

If you yourself or anyone you know is struggling with suicidal thoughts, please know that there is help. National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. In school you can talk to Ms. Hasan (HSSC), Guidance Counselors, Administrators and Teachers, they will get you the help you need.

Friday

Suicide Myth

You should never ask people who are suicidal person if they are thinking about suicide or if they have thought about a method, because just talking about it will give them the idea.

Suicide Fact

Asking people if they are thinking about suicide does not give them the idea for suicide. And it is important to talk about suicide with people who are suicidal because you will learn more about their mindset and intentions, and allow them to diffuse some of the tension that is causing their suicidal feelings.

If you yourself or anyone you know is struggling with suicidal thoughts, please know that there is help. National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255. In school you can talk to Guidance Counselors, Administrators and Teachers, they will get you the help you need.