

Valley Stream 30 Practices Mental Well-Being During National School Psychology Awareness Week



Students across Valley Stream District 30 recently engaged in National School Psychology Awareness Week, a nationwide initiative that promotes mental health and the role of school psychologists.

Through a variety of physical education activities, students gained the reassurance that they are strong and resilient and that their voices matter — they walked away more equipped to advocate for themselves and others. They also individually connected with school psychologists and learned of the support systems they provide.

In the gymnasiums of Clear Stream Avenue, Forest Road and Shaw Avenue Elementary Schools, students completed activities under the theme Grow, Engage, Advocate and Rise that challenged them to use teamwork to problem solve. By spinning the advocacy wheel, for example, students worked together and generated solutions to everyday problems and social issues. Families also played “Advocacy Jeopardy” at home to practice these skills.

“All of the students were able to get something meaningful out of the day while also having fun,” Shaw Avenue School Psychologist Dr. Anna Tello said.