



Marcelino Trillo  
Vice Principal

**ROBERT TREAT ACADEMY**  
CHARTER SCHOOL  
**A 2008 NCLB BLUE RIBBON SCHOOL**  
[www.RobertTreatAcademy.org](http://www.RobertTreatAcademy.org)

Theresa Aduato  
Principal



Paul Parada  
Vice Principal

Dear Parents,

We hope that all of our students and their families continue to be healthy and safe. We appreciate all of your efforts while balancing your children's education and your own responsibilities. As a result of your involvement and cooperation, our virtual learning platform continues to be successful. Mental health remains an important area of focus while our students learn remotely. The combination of social distancing and academic responsibilities can lead to negative emotions and feelings which can ultimately effect the mental health of our children. It is important that we continue to support our students and families, especially during this time.

Ms. Pereira and Ms. Rejouis are available to speak with anyone in our school community and continue to provide school-based counseling services through a virtual platform. In addition to these supports, there are numerous community-based services and contacts that are available. An organization that assists families with children that struggle at home, in school or in the community, known as Partnership for Children of Essex (PCE), has been a valuable resource for many of our families. This organization focuses on emotional or behavioral needs, developmental or intellectual needs, substance abuse or high risk behaviors. The contact information for PCE is as follows: [www.psenj.org](http://www.psenj.org) or **973-323-3000**. If you suspect that another child or individual is experiencing any abuse or neglect, please call **1-877- NJ Abuse (1-877-652-2873)**. We ask that all of our parents continue to monitor their children's interactions on social media and gaming platforms.

As shared previously, if your child is experiencing any mental health concerns, The NJ Department of Human Services operates a toll free "warm line" which is activated during events that impact the mental health of New Jersey residents. The warm line is available 24 hours and has language access; **(877) 294-HELP (4357)**. You can also receive support regarding anxiety or stress by speaking to a trained counselor at Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline at **1-800-985-5990** or by texting **TalkWithUS 66746**. For any life-threatening or crisis emergencies, please dial 911. We strongly suggest that you contact the school should your child experience any non-life threatening emergencies so that we can evaluate the circumstances and help determine the best course of action for your child.

We encourage our families to continue to practice healthy and safe lifestyles while working through these current circumstances. Many individuals have found it useful to maintain a daily schedule and sustain healthy sleeping patterns. Designated meal, bed and homework times can help our students remain organized and focused. Staying connected with friends and family through a virtual platform has also helped individuals remain positive. Please be sure to utilize the various resources that are available at no cost through the internet. Families have participated in virtual games, virtual field trips and online workout videos. These opportunities may help your family reduce some stress and anxiety.

We hope that you remain safe and healthy at this time. We will be sure to share additional information and resources as they become available.

Thank you,  
Tifanie Pereira, School Psychologist ([Pereirat@rtacs.org](mailto:Pereirat@rtacs.org))  
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