

# Glassboro Education Foundation, Inc.

Send the completed application to the attention of:

Danielle Sochor  
Beach Administration Building  
Joseph L. Bowe Blvd  
Glassboro, NJ 08028

## A. General Information

Applicant(s): Janice Roper & MollyAnne Stevenson

School: Thomas E. Bowe School

Principal: Craig Stephenson

Grade Level or Subject: 4-6

Phone: 856-308-7037 652-2700 ext. 8232 (Roper)

856-304-9388 652-2700 ext. 8218 (Stevenson)

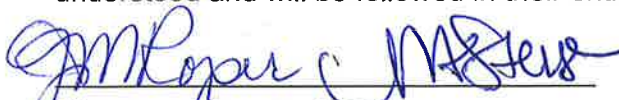
E-mail(s): [jroper@gpsd.us](mailto:jroper@gpsd.us) [mstevenson@gpsd.us](mailto:mstevenson@gpsd.us)

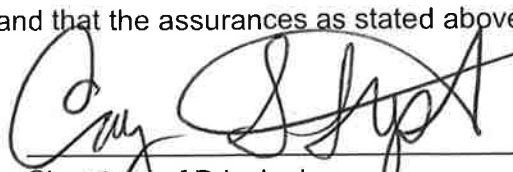
## B. Statement of Assurances:

The applicant hereby assures the Glassboro Education Foundation that:

1. The applicant(s) meet(s) the eligibility criteria.
2. The activities and services for which the grant is sought will be implemented as written.
3. Any monies not expended within the school year shall revert back to the Glassboro Education Foundation, unless permission to carry it into the next school year is granted.
4. All publicity releases regarding a funded project will acknowledge the Glassboro Education Foundation and/or a particular mini-grant sponsor as the funding agency.
5. The grant recipient(s) will submit a final report summarizing the project's evaluation results.
6. The Board of Education authorizes the filing of this application.

We do hereby certify that all of the facts, figures and representations made in this application are true and correct to the best of our knowledge and that the assurances as stated above are understood and will be followed in their entirety.

  
Signature of Applicant

  
Signature of Principal



Please note: from this page on, please **do not include your name or your school** in any of your descriptions as all applications are coded to prevent bias.

**C. Project Title and Description**

**Title of Project:** Social Emotional Learning Center

**Subject Area(s):** Social Emotional Learning; Art

**Approximate Number of Students Participating:** Open to all students in school

**Project Starting Date:** 09/01/2019 **Project Completion Date:** On-going

**Need: Describe the problem or deficiencies that exist which require the improvements described:**

Social Emotional Learning is at the forefront of education as researchers have uncovered many meaningful connections between learning and our Social Emotional development. Social and emotional skills promote children's ability to cope with difficulties and help to prevent mental health problems. Children who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict, and feel positive about themselves and the world around them. There are many students in our school who struggle to cope with the everyday occurrences happening throughout the school day. Many of these students do not have the coping strategies, and social emotional development to maintain a healthy mindset, which therefore affects how effectively they will learn each day and effectively engage with students and teachers. Some students are affected by the loud noises of the cafeteria or gymnasium; some students have trouble controlling their anger or impulses; some students, who have learning difficulties, developmental disabilities or sensory impairments find it difficult to interact with the world around them. A Social Emotional Learning Center is a calming and comfortable room that is furnished with items that provide comfort, are pleasing to the senses and provide tools to teach these students coping skills in order to lower their stress level and, in turn, raise their level of learning. Teachers and school staff are also affected by high stress levels. This room will also serve as an outlet for staff members to manage and alleviate their symptoms of stress, while helping to increase their effectiveness as educators.

**Strategy: Briefly describe your plan to alleviate the need/problem.**

The use of a Social Emotional Learning Center, sometimes referred to as a calming, de-escalation room, quiet area, calming space, sensory room etc., is based on the Social Emotional Learning concept of reducing environmental and body triggers as a coping strategy for students in elevated states (anger or frustration); stressed students; students who need a quiet



place to unwind; or students who find their mood to be low or in crisis. Calming areas are widely used in a variety of settings, including schools, homes, therapeutic clinics and hospitals to support self-regulation, which is a main component of Social Emotional Learning. A calming, comfort room is a designated space that is designed in a way that is calming to the senses and where the user can experience visual, auditory, olfactory, and tactile stimuli.

This room is used as a tool to teach individuals calming techniques in order to decrease agitation and aggressive behavior; elevate mood; and help children to interact more meaningfully with their peers. The goal in using the comfort, calming room is to help students and teachers develop practical coping skills, provide useful anger management tools; and to provide our school with a space in which people can be free to develop themselves and become who they genuinely are.

Students wanting to use this room will be supervised by an adult. Students may go for cool-down walks to the room and use some of the tools or items in the room to cool-down/cope before returning to class. Teachers will be able to use this room as well, especially when in need of a cool-down, or stress relieving activity. Cool down activities will include but not be limited to: mindful breathing; yoga stretching, detail coloring; using stress toys/manipulatives, etc. A virtual reality station, using Google Cardboard, will be set up for students and teachers to practice their breathing while they escape to outer space, sit by the ocean, stroll through the forest, or even relax on a tropical island. This room will also be used for SEL group counseling and activities during indoor recess for students who would like to engage in mindful practices during their recess. Teachers will work together to make sure the room remains a calm, relaxing, and soothing place for our students to explore and improve their Social Emotional health.



# Glassboro Education Foundation

## Grant Application

A. Objectives, Activities and Evaluation Techniques (This page may be duplicated if necessary)

Objectives	Program Activities to Accomplish Objectives	Completion Date	Evaluation Techniques
<p>Creating an Social Emotional Learning Center will address the following components of SEL:  <b>Self-Awareness; Social Awareness;</b>  <b>Self-Regulations,</b>  <b>Responsible Decision-Making; and Relationship Skills.</b></p> <p>While focusing on these SEL components, <b>students will be able to:</b> understand one’s feelings and beliefs, develop self-confidence, manage and express emotions appropriately, control impulses, set goals, persevere, empathize with others, learn to accept differences, develop healthy and respectful relationships, solve conflicts appropriately, and improve their decision making.</p>	<p>Virtual Reality            Mindfulness/Meditation            Yoga Stretching and breathing techniques            Relaxation drawing, coloring, building tiles            SEL Small Group            SEL toolkit strategies            Reading            Journal writing            Stress free environment to practice academics            Conflict resolution “Peace Path”            Role Playing            Self Assessments - emotional, academics, social, self-interests</p>	<p>Ongoing each school year; surveys distributed in September and May of each school year</p>	<p>Pre and Post teacher and student survey addressing need for room; functionality of use; effectiveness of room, etc.</p>





<p>Our Social Emotional Learning Center will also help to support our <b>6 Pillars of Character Education Initiative</b>, as well as our PBIS program which includes a focus on: restorative justice, peer mediation, bullying prevention, violence prevention, school climate, harassment prevention, and positive behavior supports.</p>			
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# Glassboro Education Foundation

## Grant Application

### A. Itemized Budget

Materials/Equipment	Services	Evaluation Techniques
<p><u>KING ATHLETIC Stability Balance Disc :: Wobble Cushion Core Trainer :: for Home or Office Desk Chair and Kids Classroom Sensory Wiggle Seat 17.97 Qty-4 \$71.88</u></p> <p><u>KidKraft Bookcase with Reading Nook Toy, White \$84.99</u></p> <p><u>Intex Inflatable Empire Chair, 44" X 43" X 27", \$25.50 Qty-2 \$51.00</u></p> <p><u>Milliard Petite Reading Pillow for Young Adults &amp; Children with Shredded Foam - \$19.99 Qty 3-59.97</u></p> <p><u>Google Cardboard v2 by IHUAQI 2 Pack with Headstrap Fully Assembled Compatible with Android and iPhone \$19.99 Qty 2-\$39.98</u></p> <p><u>Sensory LED Bubble Tube - Fake Fish"Tank" - Floor Lamp with 7 Changing Light Colors - Stimulating \$115.00 Qty 2 \$230.00</u></p> <p><u>Interlink Jellyfish Lamp Electric Jellyfish Tank Aquarium- with Color Changing Mood Lamp \$28.99</u></p>	<p>Relax VR- <b>Free App</b></p> <p>Guided Meditation VR-<b>Free App</b></p> <p>Zen zone- <b>Free App</b></p> <p>Perfect beach VR-<b>Free App</b></p> <p>Guiding Star VR Meditation-<b>Free App</b></p> <p>Lanterns for Google Cardboard-<b>Free App</b></p>	<p><b>Item(s)</b>- Pre/Post surveys to students and teachers</p> <p><b>Cost</b>- N/A- surveys analyzed and distributed through Survey Monkey</p> <p><b>Sub-total:</b></p> <p><b>Grand Total \$1337.35</b></p>



PlayLearn Fiber Optic Lamp Colour Changing Crystal Base \$10.99  
Playlearn USA Glitter Wand, Magic Wonder Tube 4-pack \$15.99 Qty 2  
**\$31.98**

The Original Fidget - Blue, Green & Black Circle Sequin Pillow Fidget Toy for Sensory Therapy to Relieve Stress and Increase Focus \$13.99  
**Qty- 4 55.96**

Nobasco Sensory Toys Set, 17 Pack Fidget Toys Bundle Stress Relief Hand Toys \$10.99 Qty 2- **\$21.98**

Feihe Silicone Kitchen Sponge/Silicone (5 Pack)- \$8.99  
**Qty-2- 17.98**

Japanese Origami for Beginners Kit: 20 Classic Origami Models: Kit with 96-page Origami Book, 72 High-Quality Origami Papers and Instructional DVD: \$ 12 93

Butterfly Garden: Beautiful Butterflies and Flowers Patterns for Relaxation, Fun, and Stress Relief Art Therapy for The Mind \$4.97

Penguin Coloring Book : A Stress Relief Coloring Book Of 40 Penguin Designs in a Variety of Intricate Patterns \$ 8.99

Good Vibes Coloring Book: A Motivational Coloring Book for



Kids with Inspirational Sayings,  
Positive Affirmations and  
Therapeutic Patterns for Relax and  
Stress \$ 8.45 Qty 2 \$16.90

Aitey Magnetic Building Blocks,  
Magnetic Tiles for Kids Educational  
Toys Stress Relief Toy Games  
Square Magnets Cube Develops  
Intelligence \$13.99

MindWare Extreme Dot to Dot  
Animals Book Puzzles Range from  
300 to over 1,400 Dots Features 8  
2-Page Spreads \$ 7.99 Qty 2 \$15.98

The Mindfulness for Kids Mandala  
Drawing Book Paperback -\$8.99

9143 Multi 5'2x7'2 Area Rug Carpet  
Large New \$39.99

Exercise Ball - Professional Grade  
Anti-Burst Fitness, Balance Ball  
Pilates, Yoga, Stability Physical  
Therapy \$15.95

PicassoTiles 100 Piece Set 100pcs  
Magnet Building Tiles Clear  
Magnetic 3D Building Blocks  
\$49.99

Liquid Motion Bubbler for Sensory  
Play, Fidget Toy, Children Activity,  
Desk Top, Assorted Colors (Single  
Bubbler) \$23.97





Paint and stencils supplies- \$300.00

Animal Adventure Sweet Seats |  
Blue Shark Children's Chair | Large  
Size | Machine Washable Cover  
\$29.99

Assorted Stuffed animals \$100.00

Subtotal-\$1,337.35

