

# SCHOOL CHAMPION PARTNER PROGRAMMING



Hackensack Meridian  
Children's Health

## OBJECTIVE

Healthy lifestyle choices are the building blocks to lifelong well-being. School Champion Partners, together with the experts at Hackensack Meridian Children’s Health, will aim to improve the health and well-being of New Jersey’s children through access to educational programs, health experts and community resources for students, parents and educators.

Focusing on Healthy Living, Mental Wellness and Access to Care, our Community Outreach & Engagement team will work with your school to customize a program to meet your specific needs.

Currently, all Hackensack Meridian Children’s Health Community Outreach programming serves the following counties: Bergen, Passaic\*, Essex\*, Hudson, Union\*, Middlesex, Monmouth and Ocean.

*\*Limited area covered*

## ABOUT THIS BOOKLET

This booklet showcases the free, ready-to-implement resources, opportunities and programs available to our School Champion Partners. Developed by trained and board-certified pediatric experts, these offerings can be easily integrated into your school. Our Community Outreach team is also available to discuss any unique educational needs.

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# NEXT STEPS & HOW TO GET STARTED



## **EDUCATIONAL RESOURCES & HANDOUTS**

Hackensack Meridian Children’s Health offers a wealth of free educational resources and handouts covering various health topics for students, parents, and teachers. We are happy to share with you printable and/or digital materials on health education, types of treatments, and understanding certain diagnoses to empower your school community with valuable health information.

## **PARENT/GUARDIAN WEBINARS**

Support student well-being by providing families with access to expert health information. Share our free virtual webinar series for parents and guardians, covering a range of children’s health topics for all ages. Recordings available for later viewing.

## **CEU PROGRAMMING FOR SCHOOL NURSES**

School nurses from across New Jersey are encouraged to participate in Hackensack Meridian Children’s Health’s continuing education programming, intended to provide valuable instruction to enhance their skills in caring for children and adolescents in the school setting.

## **NO HIT ZONE PROGRAM**

The No Hit Zone (NHZ) is a violence prevention program that creates environments where aggression is not tolerated. It provides caregivers with positive, non-physical parenting strategies to build healthier family dynamics through the Positive and Productive Coaching Groups.

# IN-SCHOOL PRESENTATIONS



TOPIC	TITLE	AUDIENCE	COUNTIES OFFERED
BEHAVIORAL HEALTH	Mental Wellness Programs	Students/Staff/Parents (Grades K-12)	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
	Navigating the Digital Age: Positive Parenting in a Tech-Saturated World	Parents	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
	Positive Productive Coaching Program	Parents	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
	Raising Resilient Kids: Building Emotional Strength and Confidence in a Changing World	Parents	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
	The Anxious Child	Parents	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
	The Power of Connection: Strengthening Family Bonds and Fostering Positive Relationships	Parents	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
CHILD CARE	Safe @ Home	Students (Grades 4-6)	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
	Safe Sitter	Students (Grades 6-8) (Ages 11-14)	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
EMERGENCY SERVICES	Community Helpers	Students (Grades K-3)	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
	Community of Lifesavers	Students (Grades 6-12) Staff/Parents	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
INFECTIOUS CONTROL	Handwashing/Hygiene Program	Students (Grades K-8)	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*



## DESCRIPTION

Provide education that address the physical, social and emotional needs of students and provide students with resources.

Raising kids in a tech-saturated world can be challenging. This workshop equips parents with positive parenting strategies to navigate screen time, social media, and online safety, while maintaining healthy family connections and promoting responsible digital citizenship.

A 6-week parent support group to manage challenging behaviors with confidence. Learn proven strategies to create a positive, peaceful home and connect with other caregivers in a supportive space.

Give your child the gift of resilience! This workshop provides positive parenting tools to help children develop emotional strength, problem-solving skills, and a growth mindset, empowering them to navigate challenges with confidence.

Understand and support your anxious child with positive parenting strategies. This workshop offers practical tools and compassionate guidance to help children manage anxiety, build resilience, and develop coping skills in a nurturing and empowering environment.

Strengthen your family's foundation through positive communication and connection. This workshop offers practical strategies to build strong, loving relationships and foster a sense of belonging within your family.

A 90 minute program designed to prepare students to be safe when they are home alone. \*Registration fee associated with program will be discussed at booking.

Safe Sitter graduates are prepared with the knowledge they need to stay home safely, care for younger siblings or babysit. Course Includes Infant and Child CPR, Choking, Injury Prevention and Management, Behavior Management, Safety for the Sitter, Childcare Essentials, and Babysitting as a Business. \*Registration fee associated with program will be discussed at booking.

In this engaging and interactive program, children will discover the significance of being a community helper and what it truly entails. Additionally students will have the exciting opportunity to engage in role-playing activities and explore the Hackensack Meridian *Health* pediatric ambulance during a guided tour.

Learn hands-only CPR and how early intervention can improve outcomes. Participants will practice chest compressions and learn to operate an AED.

Proper handwashing is a vital practice in preventing viruses, colds, and flu. This program will show how germs can spread & the importance of thorough handwashing.

# IN-SCHOOL PRESENTATIONS



TOPIC	TITLE	AUDIENCE	COUNTIES OFFERED
INJURY PREVENTION	Bicycle/Helmet/Pedestrian Safety	Students (Grades PreK-8)	Bergen, Monmouth, and Ocean
	Child Passenger Safety (Car Seats)	Parents/Caregivers	Bergen, Monmouth, and Ocean
	Drinking and Distracted Driving/Your Power to Be a Driving Force	Teens and Parents	Bergen, Middlesex, Monmouth, and Ocean
	Dog/Pet Safety	Parents/Caregivers	Monmouth and Ocean
	Fall Prevention for Kids	Parents/Caregivers	Bergen, Monmouth, and Ocean
	Keeping Children Safe at Home	Parents/Caregivers	Bergen, Monmouth, and Ocean
	Playground Safety	Students (Grades PreK-8)	Bergen, Monmouth, and Ocean
	Stop the Bleed (What to Do in a Bleeding Emergency)	Students (Grades 3-6 & 7-12) Staff/Parents	Bergen, Monmouth, and Ocean
	Summer Safety: Water, Playground, Outdoors	Students (Grades PreK-8) Parents/Caregivers	Bergen, Monmouth, and Ocean
LUNG HEALTH	Don't Get Vaped In	Students (Grades 6-12) Staff/Parents	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
	Healthy Lung Program	Students (Grades 3-5)	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
NUTRITION	Nutrition Programs K-12	Students/Staff/Parents	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*
	Rethink Your Drink	Students (Grades 4-12)	Bergen, Essex*, Hudson, Middlesex, Monmouth, Ocean, Passaic*, Union*



## DESCRIPTION

Interactive presentation that reviews bike laws, helmet safety, rules of the road. For younger children PreK-3rd kids can practice crossing “Fake road”, interactive book reading, and interactive helmet demonstrations.

Presentation on NJ state law and car seats including infant seats, convertible seats, booster seats and seat belts. Explaining each law and reasoning. Includes videos and JSUMC and HUMC car seat checkpoint schedule.

Various educational presentations for parents and teens or with teens themselves. Prom safety events. Partnerships with Airmed and NJ State partners to lead impactful and informative demonstrations. Trauma Prevention Powers that can help them to avoid tragedy.

Short presentation on safety between kids and pets. Asking before touching animals, keeping kids supervised when around animals, being aware of allergies to pets.

Reviews the basics of fall prevention in the home, school, community. Shows how easily children can fall and injure themselves. Provides specific examples and how to prevent them.

Keeping young children safe at home. Ideal for new parents/caregivers/guardians. Focuses on fall prevention, water safety, kitchen safety, window safety, etc.

Choosing the right playground for your age group. Playing safely, not climbing on inappropriate equipment. What to do if injured on playground.

There are two offerings for the age groups. In this course we teach bleeding control skills through lecture and hands on skills. Participants learn to recognize life threatening bleeding and the skills of wound packing, direct pressure and the use of a tourniquet. For younger students it excludes any graphic images of blood.

Presentation for students includes bike, helmet, pedestrian, playground and water safety. Parent/caregiver education focuses on keeping kids safe around bodies of water, playgrounds, bike, helmet, etc.

Learn about e-cigarettes and vaping, the dangers and risks associated with them and resources that are available.

Students will learn about heart, lungs, the importance of regular physical activity, healthy eating habits, avoiding tobacco use, managing stress, understanding air quality concerns and practical activities to promote lung and heart health.

Provide program that teach students about healthy eating and physical activity.

Ever wonder what types of beverages children tend to reach for? This program delves into the sugar content of popular drinks, educating children on the potential health implications of their beverage choices.

# NEXT STEPS & HOW TO GET STARTED



SCAN HERE  
TO READ MORE

To become a Hackensack Meridian Children's Health School Champion Partner, please visit [hackensackmeridianhealth.org/en/about-us/community-outreach](https://hackensackmeridianhealth.org/en/about-us/community-outreach) or scan the QR code above and click on Pediatric Programs to learn more and complete the form. Someone will be in touch with you or email [COeventinquiries@hmhn.org](mailto:COeventinquiries@hmhn.org).

To discuss broader opportunities, please connect with your local Community Outreach Leader:

## BERGEN, HUDSON, PASSAIC, ESSEX COUNTIES

### Florey Cruz-Cerpa

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## MIDDLESEX, UNION COUNTIES

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