

# MEET THE counselor



**Danielle Kupperman, LCSW**  
Northeast School Social Worker

# ABOUT ME

I am grateful to begin another year at Northeast School! With over 20 years of school social work experience, I still feel grateful for being part of the daily experience of student's school lives. I know you put your trust of your children in our hands and I work hard everyday leading with that mindset.

I am mom to two kids, so I am in this with you. I just dropped my daughter off at college for her freshman year and my son is starting 10<sup>th</sup> grade. I am not sure how all this time has passed, but I set daily intentions to be present. I practice yoga, love to camp & hike, and drive in my Jeep with the top down blasting Dave Matthews. I teach yoga to kids, and have followed my passion for all things DIY.

While it's been some years since my kids were little, I am in this parenting thing with you! It is not easy. Throughout the year, I will be sharing parenting resources that I hope you will find helpful, as I know I do. Let's lean on each other for support as we navigate this time together.



# MY FAV'S

## FOOD

french fries

(if your child knows me, they know this about me)

## BOOK

She's Come Undone, Wally Lamb

## PLACES I DREAM TO VISIT

Thailand, Bali, India

## THINGS I LIKE TO DO

Yoga, Dave Matthews Band concerts, and more yoga

## MUSIC LYRIC

Sometimes you'll find yourself adrift.

And sometimes you'll be adrift and find yourself.

-Wookiefoot



# HOW I CAN HELP

My intention this year is to strengthen the Social Emotional learning at Northeast School. While some children may be jumping for joy over entering the school building everyday, others may be having big feelings. Either way, staying connected is key!

To meet the ongoing needs of our school community, tiered services are provided through:

- whole school programs
- classroom SEL lessons
- individual and small group counseling
- referral assistance in the community
- and many other hats, such as Anti-Bullying Specialist, Section 504 accommodation coordinator, McKinney Vento Coordinator, etc.

It is so important to stay connected with our students, and you as well! So please stay on the look-out for newsletters with details on all programs!



# CONTACT ME

Gratefully, I am here in the building everyday. I encourage your participation and support as we are all working together to navigate this time.

Stay connected! If you are concerned about your child, or if you would like to schedule an appointment, you can...

- call me at 973.509.4242 ext. 16742
- e-mail me at [dkupperman@montclair.k12.nj.us](mailto:dkupperman@montclair.k12.nj.us)
- join me on Zoom Meeting ID 992 948 5423



# RESOURCES

- **LEARNING**

- One of my most frequently visited sites for resources, articles, live video chats, & education on all aspects of helping support children's mental health is the Child Mind Institute

- **DOING**

- Practicing mindfulness builds resilience in responding to stress. Head over to Mindful for tons of resources on physical & emotional wellness

- **CONNECTING**

- Emotional and behavioral support for ages 5-21 thru the Partnership for Children

- Database of support for ANY family need at NJ 211

- Local organization for access to food and clothing

