



# J.P. CASE MIDDLE SCHOOL

**301 Case Blvd., Flemington, NJ 08822**  
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**[www.frsd.k12.nj.us/jpc](http://www.frsd.k12.nj.us/jpc)**

Mr. Robert Castellano – Principal  
Mr. Peter Sibilis – Vice-Principal  
Mrs. April Kay – Vice-Principal

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October 6, 2022

Dear 7<sup>th</sup> Grade Parents.

J.P. Case Middle School is offering a program for 7<sup>th</sup> graders called Worry Warriors. The goal of this program is to help students better deal with worry, stress and anxiety. To accomplish these goals, students will be given the opportunity to improve skills in identifying stressors, communication, expression and stress reduction.

The program will be facilitated by Colette Baills, J.P. Case Middle School 7<sup>th</sup> Grade School Counselor. **Participating students will meet on Mondays during their Lunch/DEAR block. Students are able to either purchase lunch or bring it with them. They will have the full 40 minutes, during group, to eat.** This program will meet six times and will be offered three times throughout the year (students will only sign up for one session as all sessions will be the same).

If you have any questions or would like a permission slip to sign up your student, please feel free to contact Ms. Baills at: [colette.baills@frsd.us](mailto:colette.baills@frsd.us)

Colette Baills  
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