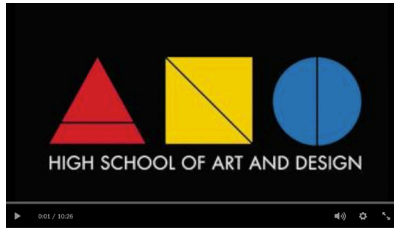


# Social Emotional Learning Newsletter

ISSUE NO. 2, TUESDAY 2ND JUNE 2020

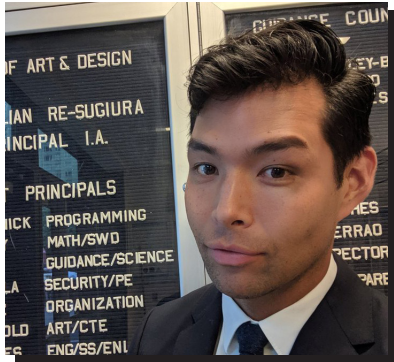


Welcome! [Click below](#) for a video message with a few Social & Emotional tips for this week.



## PRINCIPALS CORNER

Principal Maximillian Re-Sugiura, I.A. Principal:  
[MRsugiura@schools.nyc.gov](mailto:MRsugiura@schools.nyc.gov)



Students and parents, there is no community without connection. I challenge you to reach out to us. Let us hold each other accountable.

Below is a list of our entire staff with all of their email addresses. [Click here for a full staff directory](#)

If you have a question about your assignments, projects, anything at all, reach out to us and we will respond. We have 1 month of school left. You are accountable to reach out, we will be accountable to respond with the help you need! We are in this together.

Click for additional resources:

**PTA:**  
<https://artanddesignpta.org>

**Tutoring:** <http://www.artanddesignhs.org/tutoring>

## WELLNESS IN ACTION

### Get Your Mind Right

*A dialogue about taking control of your thoughts and by extension the way you experience life.*

### The Brain as distinct from the Mind

The Human Brain is akin to a super-computer with ultra-advanced code that ensures that all the systems of the body are working in tandem to give a person the ability to function in the world on auto-pilot. Without any conscious initiation from ourselves, the brain manages the pumping and timing of our heart beat and shepherds oxygen and nutrients throughout the body via the blood stream. We take for granted that we are beneficiaries of a massive symphony of processes that manufacture our experience of being Human. The Brain does it all, instructing the flow of messages to initiate speech, coordinate movement, orchestrate vision, hearing and ensuring that sensory messages of pain, pleasure, sound, heat and smell are all communicated into our awareness. Millisecond by millisecond, the Brain is hard at work facilitating neural connections that ensure a palpable experience of life.

*With the brain doing all of the "heavy lifting", the question that arises is; what is the Mind doing with all of the perceived "free time" that it has?*

What is the Mind doing? ... [to continue reading click here.](#)

## MEDITATION MINUTE

Sitting still and focusing on our breath, even for a short time, helps bring calm, peace and balance to our day. At any time during this week if you feel like you need a moment, sit down, put on your headphones and [click on the picture below](#). Take deep breaths while listening to the music. If you feel comfortable, close your eyes and feel yourself relax.



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## GUIDANCE CORNER

[Click below](#) for a video message from Ms. Pace.



Seniors please reach out  
[LPace3@schools.nyc.gov](mailto:LPace3@schools.nyc.gov)

Students we are here for you! Guidance counselors are available to students from 8am - 2:40pm.

PLEASE CALL OR EMAIL US:

Please reach out to us:

### 9th Grade

Ms. Cox  
(914) 295-9737

[Click here to schedule](#)

### 10th Grade

Mr. Reyes  
(516) 939-4978

[Click here to schedule](#)

### 11th Grade

Ms. Montero  
(929) 314-4655

[Click here to schedule](#)

### 12th Grade

Ms. Pace (908) 484 6306

[Click here to schedule](#)

### Ms. Morales

[Click here to schedule time with a college counselor](#)

### All grades

Ms. Daly  
(347) 921-1022

[Click here to talk to the AP of guidance](#)

## NYC RESOURCES

- A comprehensive list of online resources: [nyc.gov/helpnow](https://nyc.gov/helpnow)
- COVID-19 resource guides by zipcode [DOHMH COVID-19 Community and Business webpage](#)
- Youth and Family Online activities: [nyc.gov/funathome](https://nyc.gov/funathome)

## CRP CORNER

Parents! This is the 2nd week of parent groups which provide practical ways to negotiate parenting during the pandemic. To join a supportive group, please contact us at [crp@artanddesign.org](mailto:crp@artanddesign.org) and click here to sign the consent form.

Students! You will be contacted soon to confirm the start day and time of the group that you chose. Parents, if you would like your student to participate please click here to give your consent. [www.crppartnership.org](https://www.crppartnership.org) | IG & Facebook: @crpartnership

## NYC RESOURCES

- LGBTQ COVID-19 Guide: [nyc.gov/lgbtqcovid](https://nyc.gov/lgbtqcovid)
- Health Insurance: [nyc.gov/GetCoveredNYC](https://nyc.gov/GetCoveredNYC)
- [COVID-19 Comprehensive Resource Guide \(PDF\)](#)

Translations currently available:  
[Español](#) | [Kreyòl ayisyen](#) | [Français](#)