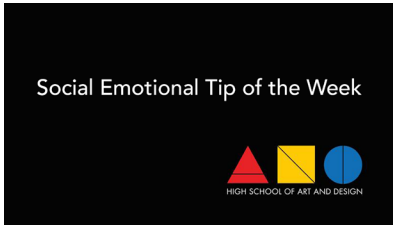


Social Emotional Learning Newsletter

ISSUE NO.4, FRIDAY 12TH JUNE 2020

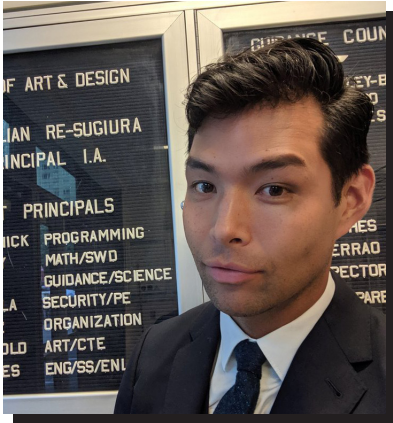


"Your Mind is your Instrument. Learn to be its master and not its slave" – Remez Sasson

Welcome! Please [click the video box above](#) for your social emotional tip for the of the week.

PRINCIPALS CORNER

Principal Maximillian Re-Sugiura,
I.A. Principal:
MReSugiura@schools.nyc.gov



I want to applaud you for staying the course over this very uncertain time and encourage you to keep pushing as we get to the end of the school term.

Your teachers are here to assist you with passing your classes. Reach out to them, ask them what work you have outstanding and make it up over Regents week.

Reach out to the Guidance Team for support in creating a plan to make up any assignments.

We want you all to pass and we will help you do so but you must reach out so we know how we can assist.

There is still time! You can do it!

Please **click the links below** to view the video for your grade's Town Hall meeting.

[9th Grade Town Hall](#)

[10th Grade Town Hall](#)

[11th Grade Town Hall](#)

[12th Grade Town Hall](#)

BE ACTIVATED

Last week we introduced the concept of "Being Activated" for social change in an effort to support everyone with sustaining their mental well-being while navigating the strong undercurrent of racism. We learnt how to actively practice anti-racism by using our gifts or skills consistently over time. There are many ways to BE Activated. **Click on the links below** for a few examples and inspiration.

[Activated through Symbolism](#)

[Activated through Music](#)

[Activated by using your Voice](#)

[Activated through Comedy](#)

[Activated through Spoken Word](#)

[Activated through Art](#)

Activated through "Doing Something to Show Support"
[Click for film by Carlos Whittaker](#)

Activated through "Calling your Leaders and Donating to Organizations that Support Black People's Fight Against Racism"
[Click for Video by Vanessa James - Founder of VJMedia, Entrepreneur and Voiceover Actor](#)

MEDITATION MINUTE

Sitting in stillness is powerful. Not only does it bring a much-needed break in our busy day, it also balances, recharges and helps to refocus our minds and bodies. Whenever you need a dose of calm during the week, take a moment to sit down, put on your head phones and [click on the picture below](#). Take deep breaths while listening to the music. If you feel comfortable, close your eyes and feel your body relax.

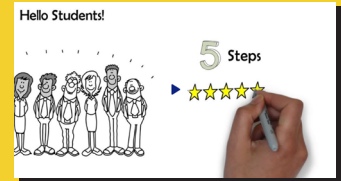


NYC RESOURCES

- [60 + locations for free face coverings](#)
- A comprehensive list of online resources: nyc.gov/helpnow
- [Comprehensive Resource Guide](#)
Translation: [Español](#)
- Resources by zipcode: [DOHMH COVID-19 Community and Business webpage](#)
- LGBTQIA+ Guide: nyc.gov/lgbtqcovid

GUIDANCE CORNER

A message for our students. [Click on the video below](#) for "5 Steps to Finish the School Year Successfully."



As the video above referenced, [click here to fill out the "Teacher Interview Sheet"](#) so you have all the info to create a plan with your teachers to succeed this school year.

Please call 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](#)

CRP CORNER

Reach out to us for support!

Website:
www.crppartnership.org

IG & Facebook:
[@crpartnership](#)

Email:
operations@crpartnership.org