

Social Emotional Learning Newsletter

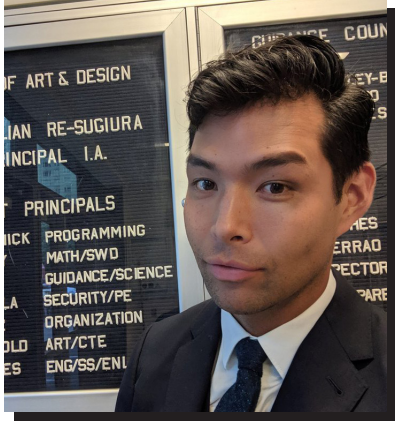
ISSUE NO. 1, FRIDAY 22ND MAY 2020



[Click above](#) for the welcome message video with a few practical tips for this week.

PRINCIPALS CORNER

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



As a school community we are here for you! Please continue to reach out to us and let us know how we are doing and what we can add to our services so that you feel supported. We are stronger together!

Please stay connected to the school community.

PARENTS

PTA: click link below
<https://artanddesignpta.org>

STUDENTS

Tutoring: click link below
www.artanddesignhs.org/tutoring

Connect with me at our Town Halls by clicking below:

[12th grade](#)
[11th grade](#)
[10th grade](#)
[9th grade](#)

WELLNESS IN ACTION

Start with what you can control.

For some, the experience of COVID-19 can feel very unnerving, thus causing them to retreat into a cocoon of inaction. Similar to a turtle going into its shell to protect them from harm, the threat of this pandemic can cause individuals to retreat physically and emotionally into their metaphorical or virtual shell.

The problem with retreating

It is well documented that human connection/interaction acts as a protective factor, promoting positive mental health outcomes. With no predicted date and time when the threat of COVID-19 will be over, the coping strategy of retreat is not one that can be sustained in a healthy way for the long term. Therefore connection, whether virtual or in person, is an important component of successfully negotiating this COVID-19 pandemic period. Another element of retreating that doesn't work, is the negative impact that it has on completing our daily responsibilities. When we are in retreat mode there is a palpable impact on completing assignments for work, school and daily living. Further, life is occurring each day and there are achievements to be had and contributions to be made that are impossible to complete if we continue to cope by retreating.

What is one thing that you can control? To negotiate the COVID-19 pandemic we must be actively and safely engage in forging a new path forward in the age of Corona. A path that will take daily... [to continue reading click here.](#)

MEDITATION MINUTE

There is a power to being still. Stillness helps us reset and rebalance our minds and bodies. At any time during this week if you need a moment, sit down, put on your head phones, turn up the volume 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.



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GUIDANCE CORNER

Michelle Daly,
AP of Guidance:
mdaly6@schools.nyc.gov



Students we are here for you! We are in this together.

Guidance counselors are available to students from 8am - 2:40pm.

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](#)

HEALING HIGHLIGHT

Webinar on Prioritizing Your Mental Well-being during COVID-19. Presenter: Dr. Laurie Santos, Yale Psychology Professor, Wellbeing Researcher.

[Click here to Access Webinar](#)

NYC RESOURCES

- [DOHMH COVID-19 Coping & Emotional Wellbeing Webpage](#). [Click to visit Webpage](#)
- Tip sheet: COVID-19: Staying Connected With Friends and Family – [click here to read more](#)
- Tip sheet: Grief and Loss During the COVID-19 Outbreak – [click here to read more](#)
- Tip sheet: Managing Grief Over the Death of a Loved One During the COVID-19 – [click for more](#)

CRP CORNER

Click on the following links for virtual support groups:

[Student Groups](#)
[Parent Groups](#)

[Click here](#) to give consent to participate in a virtual group.

www.crppartnership.org