

Social Emotional Learning Newsletter

ISSUE NO. 3, FRIDAY 5TH JUNE 2020



Welcome! [Click above to watch a video message](#) about creating a commitment to BE ACTIVATED for social change.

PRINCIPALS CORNER

[Click on video below](#) to hear a message from Principal Maximillian Re-Sugiura, I.A. MReSugiura@schools.nyc.gov



I want hear from you! How are you activated to create a more equitable world?

What are you committed to doing so that we realize the dream of true equal rights and justice for all in our lifetime?

Create your own activation statement: [Click here to create](#) a commitment to BE ACTIVATED for Social change.

#ActivateArtandDesign Resources:

- [Click for Prism article](#) by Tamar Sarai Davis: "You can still support the black lives matter movement without going to a protest. Here's how."
- End Injustice Now: [Click to participate in one of the 'Color of Change' justice initiatives](#)
- My Brother's Keeper: This organization ensures that every boy and young man of color in America knows that their dreams matter as much as any other child's. [Click here to find out more](#)
- [Click here to learn about Intersectionality](#)
- [Click here to learn](#) about the many colonial laws enacted to create division and inequality based on race.

WELLNESS IN ACTION

Being Activated For Social Change

Systemic racism has, yet again, warped the reality of justice for people of color leaving in its wake an altered sense of disbelief and feelings of dread about the state of the human condition.

In an effort to support our community of color and allies in sustaining their mental well-being while navigating the strong undercurrent of racism we have introduced the concept of **"Being Activated"** for social change.

Being activated is a technique that reduces feelings of dread by allowing an individual the freedom to be self-expressed when authoring their participation in activism. The individual therefore engages in activism in a way that is natural and therefore easy to sustain. We acknowledge that the act of protest is an important part of activism that gets a lot of attention because persons risk the potential of harm to make a difference. However, we would like to introduce the lens of **being activated** as an equally important part of activism in the fight against inequality.

To be activated means that you are actively practicing anti-racism by using your gift or skill to bring about social change consistently over time. **Being activated** supports you in being able to dampen feelings of anxiety and dread by allowing you to be a part of the process of activism, one action at a time. Being activated reduces the...[to continue reading click here.](#)

MEDITATION MINUTE

With everything that has been going on these last few days, we all need time to center ourselves. Stillness helps to recharge, balance and refocus our minds and bodies. Take a moment during the week to 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 your body relax.

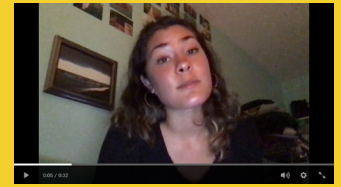


NYC COVID-19 RESOURCES

- 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

Art and Design Is Activated

#ArtandDesignIsActivated to end systemic racism! **Click below on each video** to find out our commitment and then create your own statement of Activation.

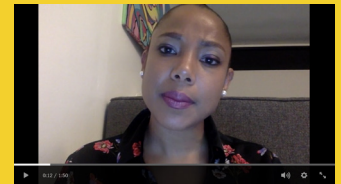


[Click to watch:](#)

Katie Maningas, College Advisor



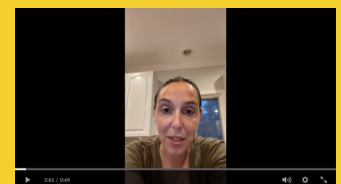
[Click to watch:](#) Principal Maximillian Re-Sugiura, I.A. Principal



[Click to watch:](#) Michelle Daly, Assistant Principal Administration, Guidance/Science



[Click to watch:](#) Barrington McCalla, Assistant Principal Supervision, Security/Physical Education/Health



[Click to watch:](#) Ms. Pace, 12th Grade Guidance Counselor

CRP CORNER

Understanding Systemic Racism, Video by Alex Cequea: [View here](#)

[Click to join](#) an online Family Protest on June 6th

www.crppartnership.org

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