

Social Emotional Learning Newsletter

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PRINCIPALS CORNER



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Dear Art and Design Students & Families,

Social Emotional Learning is more important than ever as we face life during the COVID-19 pandemic. I believe strongly that the way through this is directly related to the coping skills and social emotional resources that we use in times of stress, sadness and upset. This school term, I re-state my commitment to developing our social and emotional resources needed to survive and thrive during this pandemic period.

In the upcoming week we are launching a number of new mental health and social justice initiatives for our students and families. This newsletter will be the place where I will keep you updated on all our social-emotional learning programming as well as give you tools and tips that I hope you will use to your benefit.

As always, please do not hesitate to email me:

MResugiura@schools.nyc.gov .
We are in this together.

In Solidarity,
Maximillian Re-sugiura
#ArtAndDesignStrong

WELLNESS IN ACTION

All It Takes Is 10 Mindful Minutes by Andy Puddicombe, TED Talks

"Meditation offers the opportunity, the potential to step back and to get a different perspective, to see that things aren't always as they appear. We can't change every little thing that happens to us in life, but we can change the way that we experience it. That's the potential of meditation, of mindfulness. You don't have to burn any incense, and you definitely don't have to sit on the floor. All you need to do is to take 10 minutes out a day to step back, to familiarize yourself with the present moment so that you get to experience a greater sense of focus, calm and clarity in your life." [Click on the video below to watch.](#)

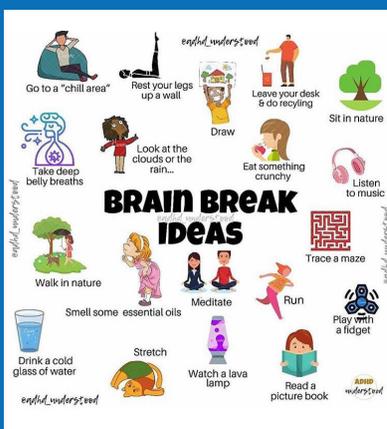


MEDITATION MINUTE

There are so many benefits that come from sitting still in meditation. Even if you only sit for a short time, it will help make you feel calm, peaceful, balanced and allows you to tune into how you are feeling physically and emotionally. If you feel like you need a moment at any time during this week, 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 yourself relax.



SOCIAL EMOTIONAL TIP OF THE WEEK



CRP CORNER

Stay tuned to the [Guidance Page](#) for the release of two new groups: **"Coping during the Pandemic"** and **"Connection and Support – a group for the LGBTQIA+ community"**

Just need to talk? Our counselors have opened their schedules to you. By the end of October, you will be able to go to the [Guidance Page](#) and connect with 5 additional counselors at different times every day of the week!

GUIDANCE CORNER



Michelle Daly,
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[Click on the video below and take a look at our Virtual Guidance Suite!](#)



At the tip of your finger you can:

- ✓ Schedule an appointment with your Guidance counselor
- ✓ Schedule a session with a college counselor
- ✓ Schedule a support call with a counselor
- ✓ Sign up for community groups
- ✓ And so much more...

SOCIAL JUSTICE CORNER

Starting on the week of October 26th, we are going to launch a 7-week Social Justice curriculum where students will be mentored through the phases of "being activated" for social change. Students will get to choose a topic that they are passionate about and develop their social justice voice by directing their innate skills and abilities towards a cause. By the end of the 7th week, each student would have started their social justice journey, set on making a difference and ensuring equal justice for all. We will keep you updated with student projects and progress right here in our weekly newsletter. Stay tuned!