

## PRINCIPALS CORNER



Maximillian Re-Sugiura, Principal:  
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Dear High School of Art and Design community,

I want to share with you the power of sleep as one way to help maintain your mental and emotional health. Sleep is arguably the most important tool to ensure that we are able to face each day and everything that comes with it. Adequate sleep, allows the body enough time to repair, recharge and regulate our biological processes. Further, a well-rested brain makes better decisions, retains more information and provides us clarity when responding to daily stress and adversity.

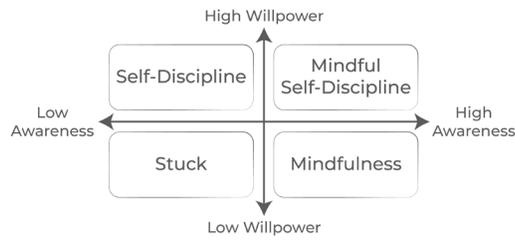
Sleep gives you access to your Social-Emotional tools. Providing your body with time to switch off, repair and rejuvenate, makes us better able to complete assignments and work responsibilities in less time than if we are sleep deprived.

If you are having trouble sleeping, please tell a family member and your guidance counselor so we can support you. You can also contact NYC Well counselors 24/7 by calling 888-NYC-WELL (888-692-9355), texting "WELL" to 65173 or chatting at [nyc.gov/nycwell](https://nyc.gov/nycwell).

Make sleep a priority.

Sincerely,  
Principal Maximillian Re-Sugiura

## WELLNESS IN ACTION



This week we introduce the work of Giovanni Dienstmann, who has coined the theory of Mindful Self-Discipline. He explains the relationship between awareness and willpower in 4 experiences:

**STUCK:** Low self-awareness and low willpower. Feeling stuck is not a happy state and can be described as feeling like your life is out of control.

**MINDFULNESS:** High awareness and low willpower. In mindfulness you are aware of your thoughts, triggers and emotions, but you are just observing not acting towards your desired outcome.

**SELF-DISCIPLINE:** Low awareness and high will-power. Self-discipline, is a forceful way to push yourself while ignoring thoughts, triggers and emotions. It works for some people but is not for most.

**MINDFUL SELF-DISCIPLINE:** High in awareness and high in willpower. Mindful Self-Discipline acknowledges the thoughts, triggers and emotions while working on achieving your goals. Through the use of several practices, it allows for reflection to decide the best action, that will move you closer to these goals, without judgement of setbacks.

Next week we will continue to learn more about Mindful Self-Discipline.

## MEDITATION MINUTE



Taking a moment to pause during the day is so important as it allows us to rebalance, rejuvenate and refocus. Try to make meditation a priority this week and concentrate on your breath. Find a quiet place, put on your head phones and [click on the picture above](#). Focus on your breathing while listening to the music. If you feel comfortable, close your eyes. Observe the peaceful feeling that washes over you.

## GUIDANCE CORNER



Michelle Daly, AP of Guidance:  
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To fulfil our school mission to "inspire, educate, and fully prepare our gifted students", we have shared meditative in-class activities to support students with decreasing their anxiety and increasing their ability to achieve academically.

Implement at the beginning and end of each class and throughout difficult subject matter.

- **Meditation Minute** can be used to start / end your class or remote activity.

- **"Shake it out"**  
At any time during the class period, instruct students to stand up and shake any part of their body, as fast as they can for 30secs and then take 10 deep breaths from the diaphragm.

- **Tense and Release**  
Instruct students to tense a part of their body for 30secs and then take 10 deep breaths as they relax the tension.

- **Music Minute**  
At transitions or at a natural break in content, incentivize students with the opportunity to choose a song that will be played for 60secs.

[Click on the video below: "The Importance of Sleep":](#)



## CRP CORNER

Senior Social Justice activation groups will begin the week of 11.2.2020. Seniors will be able to use their natural talent and ability to create a Social Justice leadership project of their choice and receive mentorship every step of the way.

Also starting the week of 11.2.2020, we will start our student groups for students who identify as LGBTQIA+ as well as individual and group sessions for "Students coping with COVID". Contact your guidance counselor for more information.