

# Social Emotional Learning Newsletter

ISSUE NO.9, MONDAY 02ND NOVEMBER 2020



## PRINCIPALS CORNER



Maximillian Re-Sugiura, Principal:  
[MReSugiura@schools.nyc.gov](mailto:MReSugiura@schools.nyc.gov)

Dear High School of Art and Design community,

Tomorrow is Election Day. Voting is a civic duty that I do not take lightly as I know that for many, in other countries, the right to vote is not a freedom that is afforded them.

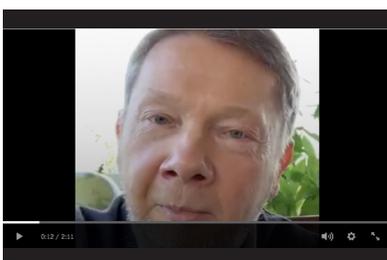
I encourage you, our Art and Design community of parents and teachers, to get out there and exercise your democratic right and have a say in the future of our country.

That being said, I know that there is a level of uncertainty and angst that accompanies this election. On top of this we are dealing with COVID-19 related concerns and day to day stressors. I want to take the opportunity to share a short clip from Eckhart Tolle below. In this clip he discusses a Social-Emotional tool called "Coming to Your Senses" that we can all use tomorrow and at any time that we start to notice that we are anxious or have unwanted thoughts and feelings.

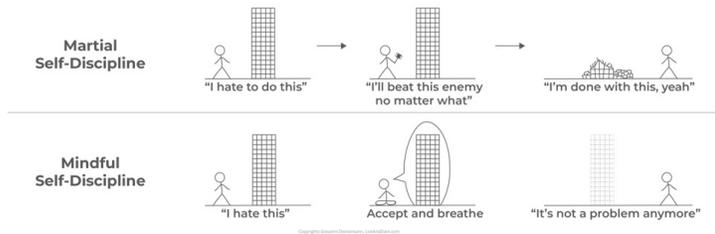
In addition, please remember you can contact NYC Well counselors 24/7 by calling 888-NYC-WELL (888-692-9355), texting "WELL" to 65173 or chatting at [nyc.gov/nycwell](https://nyc.gov/nycwell).

Sincerely,  
Principal Maximillian Re-Sugiura

[Click on the video below: "Coming to your Senses" by Eckhart Tolle](#)



## WELLNESS IN ACTION



The graphic above, shows the difference between using Martial Self- Discipline and Mindful Self-Discipline. The top part of the illustration shows a person dealing with an obstacle that is in the way of achieving their goal with martial self- discipline. You will notice, that the person assumes a fight-stance and forcefully battles the obstacle until it is destroyed. This shows that martial self-discipline utilizes force to solve problems and can be successful. However not all battles can be overcome by brute force or taking the obstacle head on. Often obstacles may be non-tangible (learning/school work, financial, relational, future-based etc), may need support from others and/or cannot be overcome by martial self-discipline. Further at times you may not have the strength or ability to use force as the obstacle may be stronger or unwilling to yield to your force.

The bottom part of the illustration shows a person dealing with an obstacle that is in the way of achieving their goal with Mindful Self-Discipline. This method utilizes the mechanism of acceptance and meditation practices, such as mindful deep breathing to accept the barrier as it is. Deep breathing allows more oxygen to reach the brain thus decreasing the experience of brain fog and increasing clarity of thought. The implementation of meditation and the use of the breath aids in reducing the significance of the obstacle, thus realizing that there are a number of actions that we can take to bypass the barrier without forcing an outcome.

## MEDITATION MINUTE



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Sitting in silence helps us to create a pause in our busy days to calm our minds and reflect. We find that the more we punctuate our day with these pauses, the more we feel rejuvenated and refocus on our goals. A great tool to utilize for meditation is focusing on a beautiful image or listening to calming sounds. This week try to find a quiet spot, put your head phones on and [click on the picture above](#). Focus on your breathing and if you feel comfortable, close your eyes and let peace wash over you.

## CRP CORNER

We are pleased to introduce Janice Lawrence-Clarke, who will begin integrating counseling, meditation, mindfulness and social justice in a 7-week activation curriculum with seniors. She will guide seniors from creation to implementation of a social justice project. This curriculum includes lessons on how to access your innate talents and gifts through principals of leadership and sustainability.

## GUIDANCE CORNER



Michelle Daly, AP of Guidance:  
[mdaly6@schools.nyc.gov](mailto:mdaly6@schools.nyc.gov)

Great News! We now have more counseling support for our students and families. Please join me in welcoming our CRP counseling interns Anya Katz, Diana Cummings and Sarah Shuster. Each intern is currently completing their Master's degree in Social Work at Hunter College and will form an extension of our guidance counseling suite, providing virtual counseling sessions throughout the day and after-school. Please click on their photos below to learn more about them:



Anya Katz,  
[Click here to read Bio](#)



Diana Cummings,  
[Click here to read Bio](#)



Sarah Shuster,  
[Click here to read Bio](#)



[Please click on the photo above to learn more about Ms. Lawrence-Clarke.](#)