

## PRINCIPALS CORNER

Dear Art and Design Community,

With the end of the year around the corner it is important to practice the self-care habits of meditation and mindset. In this second video by Giovanni Dienstmann he discusses how we can find the right style and practicing technique for you. [Please watch the video](#) and then challenge yourself to find a technique that is right for you. There are many free and paid resources and websites that will assist you in finding the best technique for you. Please make the commitment to yourself and your peace of mind.

Sincerely,  
Principal Maximillian Re-Sugiura



## TEACHERS CORNER

Teaching during COVID-19 brings with it many new challenges that most teachers have little to no experience in. One challenge that teachers have been trying to solve is "How can I connect with my students during remote learning?" This is such an important question because teacher-student connection is one of the main factors that impact student achievement, as well as completion of work during and after class.

Here is a technique that you can try this week with your students:

"THE BEST TEACHERS, TEACH FROM THE HEART AND NOT FROM THE BOOK" – HORACE MANN

1. Begin the class with a highlight reel acknowledging students that pushed through challenges to submit their work or show up to class.
2. During class seek opportunities to praise students for their participation, verbally or in the chat.
3. Send private messages to students who may not be participating with an encouraging message. For example, "I am so glad that you made it to class today. Showing up is the most important step."
4. End the class with acknowledging the students for showing up and ask them to reach out. Remind them that everything can be worked out if they communicate with you.

## WELLNESS IN ACTION

"We're asking for too much from each other during the pandemic. All of us, professionally and personally, it is astonishing to me that folks are trying to keep up the normal pace with everything. We need to slow down and pay attention in this remarkable moment or it will cost us. We are also asking too much of ourselves every single day. It's a demonstration of stunning denial and crippling dedication to a capitalist system that values profit over human life. A pause will allow us to make it true assessment about our values. We must pause." - Dr. Lisa B. Thompson

We all must PAUSE and evaluate this time. This week we challenge the Art and Design community to consciously evaluate and name how we are feeling. Many of us have tried to "keep going", forging through this pandemic, trying to get to "the other side" where we no longer have to worry about COVID. That approach is not sustainable.

### 4 QUESTIONS YOU NEED TO ASK YOURSELF NOW:

1. How do I feel in this new COVID environment?
2. What do I need to be healthy and strong during this time?
3. What does my significant other and family need?
4. What do my children need?



Please share the answers to these questions with us at [crp@artanddesignhs.org](mailto:crp@artanddesignhs.org).

## MEDITATION MINUTE



Meditation helps to promote a more peaceful state of mind and helps with improving concentration. When sitting in silence, one technique you can use is to focus on your breath or an object or a mantra which you can return to when you realize that your mind has wandered off. With these meditation minutes, you can put your head phones on, [click on the video above](#) and for the length of the video, breathe slowly and have your focus be on the music and photograph. When it's done, sit with your eyes closed for a few more minutes and tune into how you feel.

## CRP CORNER

Social Justice Wrap Up with Janice Lawrence-Clarke.

[Click Video on the right:](#)



## GUIDANCE CORNER

Your speed  
doesn't matter,  
forward is  
forward.



Doesn't matter how slow you go, as long as you're moving forward.

Students do not judge your efforts and compare yourself to anyone else or compare yourself to what you used to be able to accomplish before the pandemic. Treat each day newly and aim to accomplish one thing that will move you forward in each class. If you are having trouble moving forward [call, email or text your Guidance Counselor](#). Your Guidance Counselor will be able to work with you to come up with an academic plan with achievable goals as well as to connect you with a CRP counselor for extra support. Let us keep moving forward TOGETHER.

## PARENTS CORNER

Many of you have expressed that you are concerned that your child's academic and mental health is being impacted by the pandemic and would like strategies to support your children. All problem-solving strategy is built on good information and so this week we would like you to implement PAUSE.

PAUSE is a strategy to help you collect information about your child that is needed to build an approach that is unique to your child and their circumstances. Each week in Parents Corner we will build on the information presented in the week prior.

[Click here for 3-steps that will assist you in applying PAUSE this week:](#)