

Social Emotional Learning Newsletter

ISSUE NO.17, MONDAY 8TH FEBRUARY 2021

PRINCIPALS CORNER

Dear Art and Design community,

“The successful warrior is the regular person with laser like focus”
– Bruce Lee

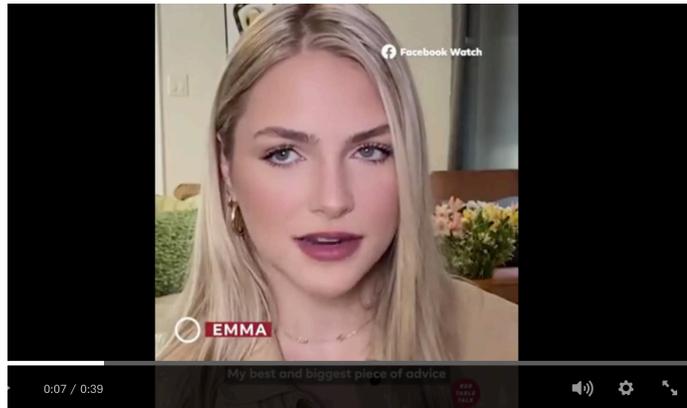
Sometimes we come to the end of a day and it seems as if we haven't accomplished anything. And then days become weeks and we suddenly realise we have a pile of incomplete tasks. Eventually, we reach to a point where we think that what we are trying to do is impossible, but this is not true. What the quote above suggests is that “focus” is the key element of success. Simply put, we are accomplishing what we are focused on and we are not accomplishing what we are not focused on. This week, I challenge you to practice mindfulness by observing what you are focused on throughout the day. If you want to take on this challenge, please do the following:

1. Observe your focus during the day. Don't judge it. Just note what you are doing. If you like, you can download apps such as “StayOnTask” “aTimeLogger” and “Pomodoro Focus Timer” to support you with being intentional with your focus.
2. Share any insights about what you observed.
3. Email crp@artanddesignhs.org to share your insights about being mindfully and intentionally focused. Thoughtful reflections will be added confidentially to an upcoming newsletter.

It is my hope that you harness the power of “laser like focus” to accomplish your goals.

Sincerely,
Principal Maximillian Re-Sugiura

WELLNESS IN ACTION



Don't suffer in silence. TELL SOMEONE. [Click above to watch video.](#) Video credit: Red Table Talk.

MEDITATION MINUTE

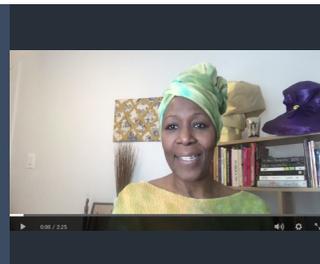


Meditation can be used at any point throughout your day whenever you feel you need to reset, rebalance and focus. One technique that can be used in meditation is to repeat affirmations silently or out loud during the session. An affirmation is a positive phrase that helps reprogram our thinking and strengthen our resolve to achieve our goals. These healthy statements help improve our self-esteem and have been shown to lower stress. Before you [click on the video above](#), create 1 affirmation and take three deep breaths while repeating it. You can continue saying it silently during the video and even as you carry on with your day.

CRP CORNER

Social Justice Wrap Up with Janice Lawrence-Clarke.

[Click Video on the right:](#)



TEACHERS CORNER:

Using Criticality to Cultivate Genius

Teaching from a criticality lens requires us to examine themes of identity, bias, power and access within education. As teachers, you are well equipped

with the content needed to ensure that our students are educated in the core components of each subject area. As we move towards criticality, it is important for us to also understand the ways that our biases within the context of race, gender, social class, oppression etc intersect our work.

Criticality encourages us to evaluate whether all students are represented in our lesson plans. Are lessons inclusive of all student's identity, ethnicity and social-class backgrounds without stereotype? Do assignments allow students... [To continue reading click here.](#)

GUIDANCE CORNER



Please join us in welcoming our new Hunter College counseling intern Brooke Reynolds! Please [click on the video above](#) to find out how to book an appointment with Brooke and then [click on her bio](#) to learn more about her.



Please [listen to the video above](#) for ways to identify toxic stress in your child.

PARENTS CORNER:

Commitment-Focused Parenting



Parents, it is your turn in TIME OUT!

Time out is defined as “A time for rest or recreation away from one's usual work or studies.”

For a lot of parents, the demands of work, at-home learning, chores, children, finances and the day to day demands of life can be overwhelming. Often parents feel like taking time for themselves is a luxury that they cannot afford. However, similar to ignored health challenges, it is only a matter of ...[To continue reading click here.](#)