Social Emotional Learning Newsletter

ISSUE NO.24, MONDAY 19TH APRIL 2021

HIGH SCHOOL OF ART AND DESIGN

PRINCIPALS CORNER

Dear Art and Design community,

We are all dealing with the pandemic and this has created a new reality for us. On top of navigating this new reality, we have to process what is going on in the news while dealing with our personal situations, all of which impact how we feel day to day. Now, more than ever, having social emotional skills are important and we can rely on these tools to protect and support our mental health whenever we need it. One helpful tool to utilize, is to remember that there is one thing that we may be able to control every day and that is what we do when we wake up in the morning. Evidence suggests that the more positive things you say and do in the first 20 minutes of your day, significantly increases the likelihood of you having a positive day. One idea is to write down a phrase like "I Am Capable", "I Am Strong" or "I Believe in Myself", on a piece of paper and look at it first thing in the morning.

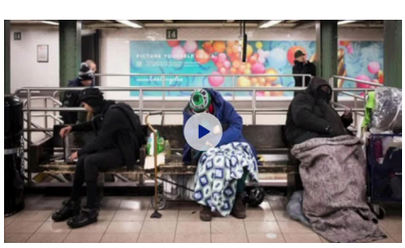
This week, I would like you to block the first 20 mins of your day to engage in something positive. Spend this time engaging in any activity that brings you joy. If you are having a hard time finding joy in the morning, or anytime during the day, please remember that you can contact your guidance counselor. Also, NYC Well counselors are available 24hrs a day, 7 days a week, to support you. Just call 888-NYC-WELL or text "WELL" to 65173. We are here for you.

Sincerely,
Principal Maximillian Re-Sugiura

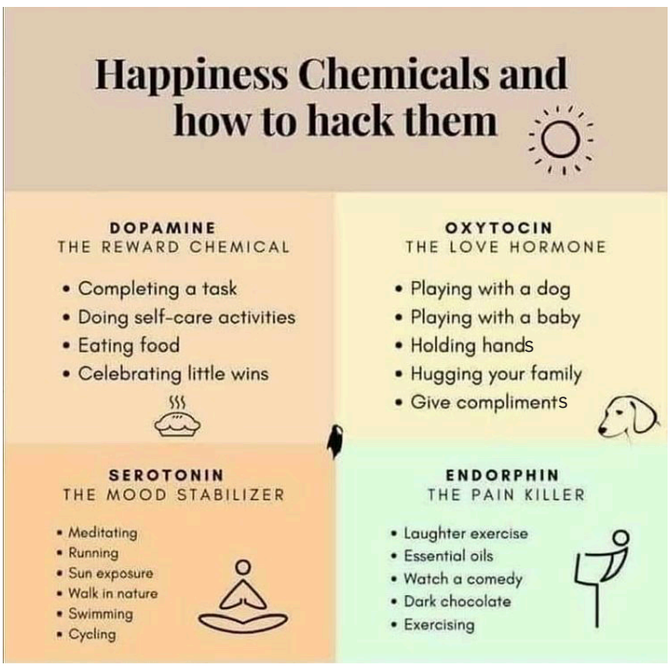
ACTIVATION CORNER:

Student Activation Project Highlight

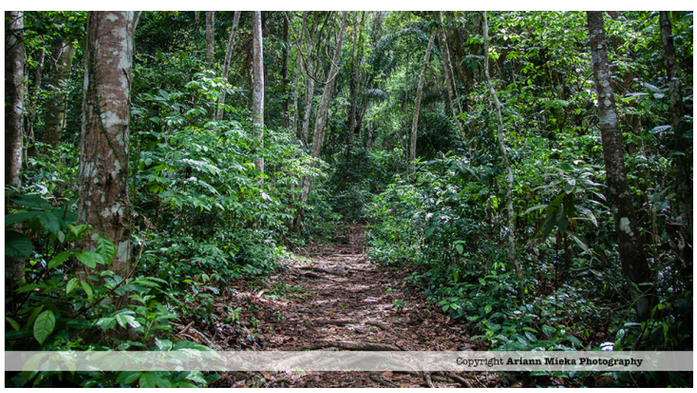
Join us in celebrating John Corr as we highlight this Student Activation Project on the **Homelessness in the U.S.** Click below to view:



WELLNESS IN ACTION:



MEDITATION MINUTE



Click the video above for 60 seconds of peace.

PARENTS CORNER:

In his book, "How Children Succeed" author Paul Tough highlights research that indicates that the development of the non-cognitive skills of persistence, self-control, curiosity, conscientiousness, grit and self-confidence are the character traits that are at the foundation of true success as an adult.

Click the video to the right to hear more.
Video credit: Dalai Lama Center for Peace and Education.

TEACHERS CORNER:

At times, we (students and teachers) collectively have to overcome personal challenges to show up to class. Often, aspects of life, that we are actively dealing with, seep into the classroom and impact the teaching and learning environment. One way of interrupting and re-orienting the in-person and digital environment is by having a gratitude and grounding practice at the beginning and end of each class. Click here for some sample scripts of ways to begin and end your class with gratitude.

GUIDANCE CORNER:

New Community Group Alert!

We are activating the power of friendship! Please click below to learn about our new and exciting community groups from our MSW counselor Brooke Reynolds:

Two steps to activate the power of friendship:

Step 1: Gather the friend or friends with whom you share your most authentic self.

Step 2: Send an email to the address below, copying everyone you want in the group with #StrongerTogether in the subject line. *Email: crp@artanddesignhs.org.*

You got each other and we got you! Email us, and let's get to work!

COLLEGE CORNER

How to graduate college with a job you love & less debt: Jullien Gordon at TEDxMidwest. Click below to watch video.