

STAYING IN TOUCH

WHILE KEEPING OUR DISTANCE

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MEETING THE NEEDS OF STUDENTS, FAMILIES AND STAFF

Staying Connected

Typhanie Jackson, Director of Student Services

Many people experience loss, loss of loved ones, loss of jobs, loss of time spent together- just to name a few. How do we overcome such devastation? It is at this time when the small acts of kindness and self care are critical to our overall well being. How do we carve out the time to heal our mind, body and soul? Spend a few extra moments outside taking in nature, going for a drive to clear your mind, following along with your favorite yoga instructor or just sitting still. The only way we press on is to find healing in our connection to each other and a commitment to our self care. As we move forward, let us be a community that heals together and inspires hope for others. Know that you are important and we can continue to heal together.



**Don't forget about the Student Services website! Here you can find resources and information in regards to COVID-19, SEL, Instruction, PPT Resources, and more!*

<https://sites.google.com/a/nhps.net/nhps-student-services/>



STAFF SPOTLIGHTS

Pre-K: ALL NHPS Pre-K Teachers!

We would like to recognize all of the special education preschool teachers in this newsletter. Our teachers have made the transition back into school seamless for our students and families. They have gone above and beyond to make the learning environment a nurturing and positive experience during these difficult times. Bulletin boards showcase both student accomplishments as well as a place for parents to obtain information. Our teachers continue to provide individual and group lessons both in person and virtually to our students that stimulate all areas of their development while remaining connected and engaged with their families. Keep up the amazing work!!



K-8: Victor Poczciwinski, Quinnipiac School & Donata Dziejma and Elena Pradith, Clinton Ave.

We would like to spotlight Victor Poczciwinski from Quinnipiac School this month! Victor services students in Kindergarten, First, Second, and Third Grades. He also serves as PPT Chair for them as well. Victor helps his team stay super organized with updated calendars and evaluation schedules. Victor is also very cognizant about staying on track and checking in with team members to see what support they might need.

For his students, Victor is a Jamboard whiz! Victor has created several Jamboards to help his students access material in both Language Arts and Math. He also shares his Jamboards and lesson plans with teachers so that students can benefit from shared planning!

Victor goes above and beyond for his students and team members- keep up the awesome work, Victor!

And a special thank you to our dedicated special education teachers at Clinton Avenue School: Ms. Donata Dziejma and Ms. Elena Pradith.

Thank you for welcoming our students by creating a warm inviting environment for all and reminding us that there is a smile behind those masks!



High School: The Special Education Team, SOUND School

A big shout-out to the SOUND Special Education Team for their dedication and commitment to their students. Sound School SPED hosts a virtual “Homework Center” at the end of the school day (Tuesday, Wednesday and Thursday from 3:00-4:00) which affords any student (not just SPED) the opportunity to get extra help in academic classes (except foreign languages). We meet students in virtual “break-out rooms” or a separate virtual “Google Classroom” can be established in order to meet.

They have helped facilitate the delivery of fish tanks and fish to the homes of all students for their Aquaculture Life Science 1 class. Students can now conduct real-time experiments with real fish...just like at school. They have also facilitated pick up and drop off of Plants, seeds, and supplies for the Agriculture program.

Two examples of lessons:

1. To celebrate Black History and to reinforce the importance of citing reliable sources, over two class periods freshmen and sophomores that have a resource period were allowed to select a person from

a list of African American Inventors or to research, using just one source, somebody of their own choosing. In preparation to share out, the students answered prompts on a Google form, the last of which was to paste the URL that they used. This allowed for feedback and advice regarding domain names ending in .edu, .org, and .gov; also, of course, a warning against citing Wikipedia as a source!

2. In an SEL activity conducted with sophomore advisees as well as freshmen and sophomores that have a resource period, students shared on a Jamboard what they would do if they were confronted by a bear (the lesson began with the video of the bear chasing the skier in Romania), a shark, and a lion. Ideas were shared on a Jamboard. The culminating activity was more serious in tone as students discussed what they would do if placed in an unsafe Covid situation: first a family get-together and then a party with friends.

A special congratulations to Cheryl Slaiciunas on her retirement!

Welcome Maya Buell to the Stellar Sound Team!

Self-Contained: Building Bridges Classroom, Wexler-Grant

In November, our class studied an international holiday called "World Kindness Day. Since then, we have been practicing random acts of kindness to promote happiness. This week students in Building Bridges will be making virtual Valentine's Day cards for children at St. Jude Children's Hospital. We are hopeful that these cards will make Valentine's Day brighter for the children that are not as fortunate as we are. Please refer to the following links:

<https://www.silive.com/news/2021/02/how-to-send-virtual-valentines-day-cards-to-st-jude-patients-this-year.html>

<https://www.stjude.org/get-involved/other-ways/valentines-day.html>

Round of applause for the effort our staff is making to keep distance learning engaging and fun for our students!

PRINCIPAL'S CORNER

Here are some group photos from our Virtual Paint Night! Thank you to everyone who attended!



NHPS administrators enjoyed a night of painting....virtual style! It was a wonderful turnout. John S. Martinez art teacher Maggie Loricco led the painting session. She was amazingly patient with everyone and allowed for the range of painting skills to shine.

NHPS Administrators Rock!

SOCIAL-EMOTIONAL LEARNING AT HOME

Tips on Practicing Social Awareness During Black History Month

Dear Parents,

Our jobs as parents are never ending, from early on helping them to walk, to having brave conversations around relationships when they are older. Our children know more and are more aware of issues in the world around them than we may think. As part of their social emotional learning we want our children to be socially aware. Why does social awareness matter? We want our children to have a positive understanding of self and of others. Being socially aware supports socialization, group work, empathy, self-esteem and much more. As we celebrate Black History month take some time with your children to discuss differences, similarities and accomplishments of all people.

Here are some tips to consider when talking with your children:

- Evaluate your own social awareness; what do you know about a specific group of people, what bias' do you carry?
- Be creative! Depending on your child's age and interest use what you have to educate around differences, similarities and celebrate accomplishments and contributions by others.
- Let your children know that it's ok to not know/have answers to questions. I like to say, "That's a great question. I have to think about that. Give me some time..."
- Encourage your child to ask questions. It is part of learning and exploring. It is better that the information comes from you and not from an unknown or unreliable source.
- Look around your home. Are there objects and displays that represent you, your values and the people important to you and your children such as toys, books, movies etc. that you can discuss.

Take good care

SELF-CARE

**“Self-Care is a priority and necessity
 ~ not a luxury ~
 In the work that we do”**



RELATED SERVICES

School Social Work and School Psychology-

Thank you to Elaine Honig and Rosa Vargas (school social worker) for your presentation at John Martinez School: "Effective Tier I Instructional and Behavioral Strategies and SSST Process". Thank you for supporting John Martinez staff, students, and families!

NASW-

Social Work Month in March is a time to celebrate the great profession of social work.

The theme for Social Work Month 2021 is **Social Workers Are Essential.**

Social workers are essential to community well-being.

As practitioners, social workers are trained to help people address personal and systemic barriers to optimal living. They are employed to effect positive change with individuals, families, groups and entire communities.



Speech & Language

Rosemary Coffey facilitated a high energy 1-hour fitness class that guarantees to make you feel refreshed. With great music such as hip hop, soca, reggae, salsa, and merengue you won't resist moving to the beats. We will provide varying degrees of intensity to suit all levels of fitness. It's meant for all to have fun and feel accomplished no matter your level of skill. Join in and access by video link at any time during the day!

Fitness Beatz- <https://drive.google.com/drive/shared-with-me>

SCHOOL COUNSELORS

School Counselors Celebrate National School Counseling Week

National School Counseling Week is February 1-5, 2021. This year's theme, "School Counselors: All In for All Students," is to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week sponsored by the American School Counseling Association, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. The special week honoring school counselors provides recognition for school counselors who "implement comprehensive school counseling programs, a vital part of the educational process for all students as they meet the challenges of the 21st century.

"School counselors work with all students to remove barriers to learning by addressing students' academic concerns, postsecondary options and social/emotional skills," said Jill Cook, ASCA executive director. "School counseling programs help to increase student achievement and provide a much-needed resource for students, parents, teachers and administrators. School counselors are integral to student success." School counselors are certified, experienced educators with a master's degree in school counseling. The combination of their training and experience makes them an integral part of the total educational program.



PARA-EDUCATORS ROCK!

On January 19th when our staff and students returned to our school buildings, the excitement and energy felt by all was unmistakable! From arrival to dismissal, our paraprofessionals have been the key to getting our self-contained classrooms back up and running!! Our teachers have shared stories with the department that highlight our paraprofessionals being instrumental in transitioning our students back into the routine and expectations of the classroom. Some of the reunions between our paraprofessionals and students were quite emotional as our students were so happy to see the familiar faces (even if they were behind a mask) of the classroom staff.

Seen here at Barack Obama Magnet University School, Ms. Cruz and Ms. Tracey's paraprofessionals are making sure our students are eating breakfast, getting ready for the day and focusing on their daily lessons.



SOCIAL JUSTICE

Exploring Social Justice Through Music

Music is a form of expression and for decades, musicians have used their music to influence their listeners about issues that are happening in our nation or globally. In the workshop Poetic Justice, that was presented in the Day of Hope and Healing event, demonstrated how music from various artists (different genres) showcased their talent through lyrics to inspire

others about issues they care about. The guests learned about the different types of social justice issues facing the world such as child welfare, refugee crisis, healthcare, climate justice, education, racial injustice and more. It highlighted the definition of justice, injustice and social justice movements as well as reflecting on how it impacts our daily lives. Guests were able to analyze different songs about social justice and explore what issues are important to them. They created their own black-out poems to share with the group.

One song introduced was "Queen" by Janelle Monae featuring Erykah Badu. The verses shared was :

"Are we a lost generation of our people?
Add us to equations but they'll never make us equal.
She who writes the movie owns the script and the sequel.
So why ain't the stealing of my rights made illegal?
They keep us underground working hard for the greedy,
But when it's time pay they turn around and call us needy.
My crown too heavy like the Queen Nefertiti
Gimme back my pyramid, I'm trying to free Kansas City.

Mixing masterminds like your name Bernie Grundman.
Well I'm gonna keep leading like a young Harriet Tubman
You can take my wings but I'm still goin' fly
And even when you edit me the booty don't lie
Yeah, keep singing and I'mma keep writing songs
I'm tired of Marvin asking me, "What's Going On?
March to the streets 'cuz I'm willing and I'm able
Categorize me, I defy every label
And while you're selling dope, we're gonna keep selling hope
We rising up now, you gotta deal you gotta cope
Will you be electric sheep?
Electric ladies, will you sleep?
Or will you preach?"

This song focused on women's rights and empowerment. Music is powerful. Words are powerful! Teaching students about social justice movements can be impactful and serve as an inspiration for them to get involved in their community to make a positive change.

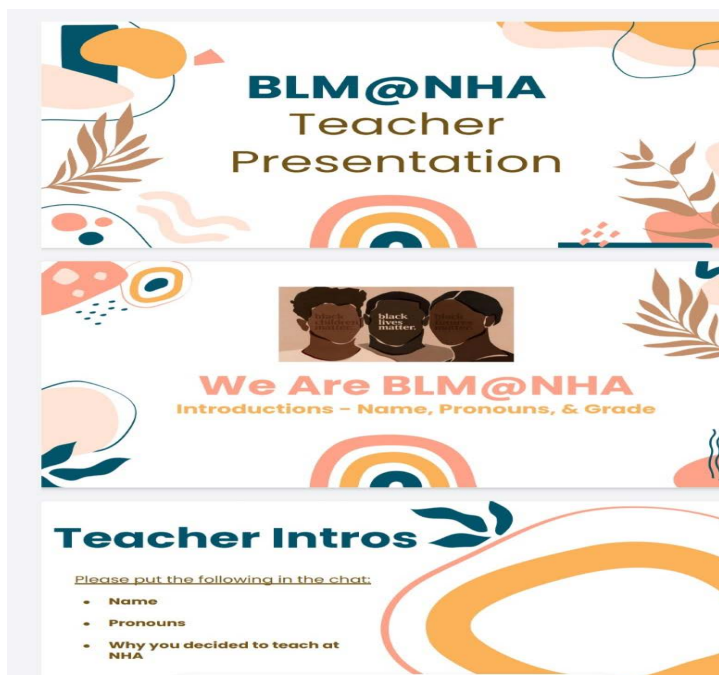
CELEBRATING BLACK HISTORY IN OUR SCHOOLS

The Black Lives Matter group @ New Haven Academy is hosting a school-wide project on February 26, 2021 for the whole NHA Community. Our BLM student body educated teachers on the following issues: Police Brutality: Discussion of summer 2020, police and protests; LGBTQ Issues in the Black Community: Prominent figures in the LGBTQ community and issues that face the community; The Black Panther Party and The Young Lords/Rainbow Coalition (Overview of groups of the movement); Money, Power and Race: Capitalism and other systems of oppression; Black Culture and Black Joy: Aspects of Black Culture and ways they have changed.

Students had a chance to educate NHA teachers on issues that are important to us. NHA has been viewing the nationwide work of Black Lives Matter at School and felt like we could embark on a similar journey at New Haven Academy.

Organized by NHA Black Lives Matter Student Body

Students who led the Topics -Janelis Cedeno Negrón-12th,Karynn Hardy-12th,Sebastian Ward-12th,Jacey Riley- 12th,William Gause- 12th,Tamara Parks- 11th,Ayo Engel-Halfkenny-11th,Shayla Correa- 11th,Kaatje Welsh- 11th,Amirah Harris- 11th,Laila Smith- 11th,Isiah Hill-11th,Veronette Legeon- 11th,George Thorne- 11th,Nahshon Langs- 11th,Taryn Stafford-11th,Juliana Webber- 11th,Reign Bowman- 11th,Tristan Ward- 10th,Ayana Salahuddin- 9th



PARENT CORNER

Resource : <https://kidshealth.org/en/parents/coronavirus-calm.html>

Coronavirus (COVID-19): Calming Anxiety (for Parents) - KidsHealth

If you feel stressed about coronavirus, you're not alone. Coronavirus (COVID-19) has had ripple effects into almost every aspect of our lives. It's affected the way we live every day. So much has changed in such a short time. It's natural to feel anxiety when we face a crisis, the unknown, or sudden ...

kidshealth.org

Videos:

<https://www.youtube.com/watch?t=4&v=dBn0ETS6XDk&feature=youtu.be>



Self Care: What It Really Is | Susannah Winters - YouTube

Self Care breaks the myth that self care is a wine party, Netflix binge, or pedicure social. Self care is what's needed for your well-being and should always...

www.youtube.com

<https://www.youtube.com/watch?v=X7iBnp8T6nY&feature=youtu.be>

<https://www.youtube.com/watch?v=cLe74fzSITq&feature=youtu.be>

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk&feature=youtu.be>



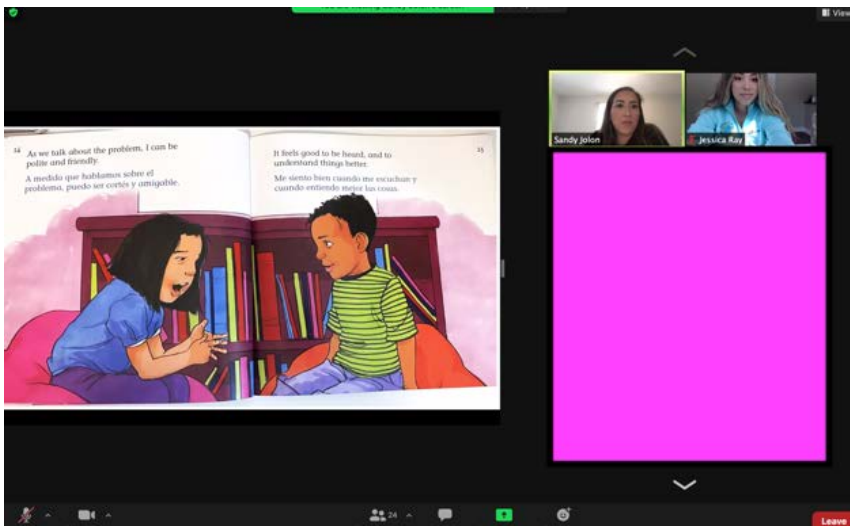
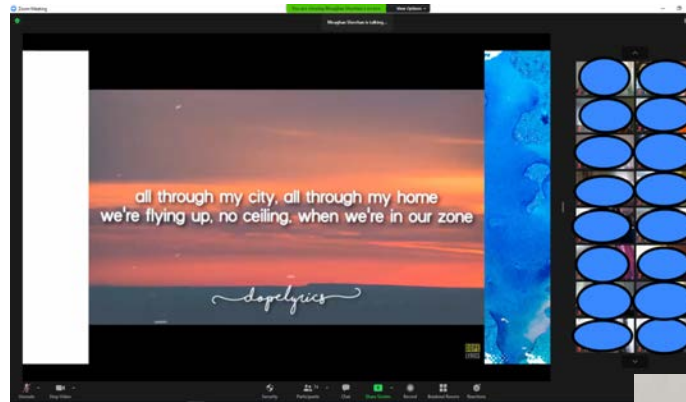
3-minute Mindful Breathing Meditation (Relieve Stress)

Feel more settled and calm by spending a few minutes focused on your breathing. A 3-minute Mindful Breathing mindfulness meditation created by Stop, Breathe...

www.youtube.com

DAY OF HOPE AND HEALING

In partnership with community organizations, NHPS hosted a *Day of Hope and Healing* which offered virtual live sessions for families, caregivers, students, and staff, intended to inspire reconnection, reflection and hope among all. Some of sessions that were offered were: Poetry Workshop ,Daniel Tiger-Thank you Day, Sing Along, Self Care, Healing with Dignity, Yoga, Re-thinking Africa, Black Studies and Community Healing, Bubbles Bubbles Everywhere, Poetry, Dance Party, Reiki, Self-Care is not Self-fish with many others





WORLD DOWN SYNDROME DAY

In order to recognize **World Down Syndrome Day** NHPS staff, students and families wore **Crazy Socks** on March 22, 2021. Down Syndrome is a condition in which a person has an extra chromosome. Even though people with Down Syndrome might act and look similar, each person has different abilities.



THANK YOU!

Thank you for “staying in touch while keeping our distance”! Look out for our next newsletter in April 2021!