

# STAYING IN TOUCH

## WHILE KEEPING OUR DISTANCE

MEETING THE NEEDS OF STUDENTS, FAMILIES AND STAFF

### A Warm Welcome

*Typhanie Jackson, Director of Student Services*

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*Thank you everyone for coming together as a team to support our students. We know that this is a difficult time for you and your families and also for our school families. We are so proud to be amongst the most caring educators who, in spite of their own challenges, have risen above to do what is necessary for our students. We know that many of you are managing your own households while trying to manage your workload. The introduction of online learning has been overwhelming but teachers have stepped up to the challenge. Please continue to do the best that you can do. Please stay healthy, active, engaged and connected. I look forward to seeing you all very soon!*



## STAFF SPOTLIGHTS

### **Pre-School: Jen Graves, Dr. Mayo Early Learning Center**

This week we would like to highlight one of our many hard working preschool teachers, Ms. Jen Graves. She is a teacher in a self-contained classroom at Dr. Mayo Early Learning Center and continues to support her students through remote learning and Class Dojo. She provides daily instruction via her homeschool schedule which includes: morning meeting, read alouds, days of the week and phonics instruction. Children continue to be encouraged to play with toys and materials appropriately and engage in imaginative play. Resources on story time, movement and music, math and literacy are provided to parents on a daily basis.

\*Check out her class's very first remote morning meeting here!

<https://youtu.be/UCZsjDD3M0A>

\*Here are two links to just a few of her amazing felt board activities!

Teasing Mr. Alligator: <https://youtu.be/dJ74GuN29Pk>

Itsy Bitsy Spider: <https://youtu.be/ebg7C2YigCA>

### **K-8: All Special Education Teachers, Wexler Grant**

Just like teachers throughout New Haven Public Schools, the Special Education teachers at Wexler Grant are working tirelessly to ensure their students and families feel connected, supported, and engaged. Whether it is getting to the building at 6:30 in the morning on two separate occasions to distribute Chromebooks, or picking up parents with no means of transportation to ensure they can get access to technology; they go above and beyond to make sure their students are ready to embrace this new way of learning, as well as supporting each other through group texts or Zoom meetings to navigate this new way of teaching. Others have spent countless hours on the phone helping parents navigate logging in to Google Classroom or accessing free internet service, and modifying lessons. Teachers even facilitated students reading aloud to their classmates and then participating in group discussions about elements of the story. There are many more examples of compassion and dedication these teachers demonstrate day in and day out and will continue to do so until we are back in the classroom once again.

### **High School: Randy Howe, Sound School**

This week we would like to highlight Mr. Randy Howe, a special education teacher at Sound School. Every morning, Randy sends videos to students and their families. This video from Tuesday, March 31, 2020 reminds students what they should be working on class-by-class. This is a great example of how we can stay in touch with our students and provide them with information! View the video here: [Tuesday Freshmen Announcements](#)

***Self-Contained: Deborah Fonda, East Rock School***

Debbie Fonda has been teaching in a self contained K-8 classroom for over 20 years. Debbie has consistently developed unique ways to reach her students and to increase their success with activities of daily living. She recently implemented thematic units which are cross curricular and differentiated so all students can benefit. This video sample was delivered to families last week : [April 3, Art of Living East Rock](#)

**SEEN AROUND NHPS**

There is some really awesome distance learning happening around NHPS thanks to these dedicated teachers! Here are just **a few** highlights:

- Check out this video from the staff at Worthington Hooker!  
“I Can Go The Distance (Learning)”: <https://youtu.be/XwNjfkfnvY>
- Don’t forget to sing along to the Techno Blues with Harriet Alfred from Co-Op High School! In this original song, she explains how she feels about the limitations imposed by COVID-19. Well done, Harriet!  
<https://www.youtube.com/watch?v=tdwT491ztlw&feature=youtu.be>
- Here’s how the staff at High School in the Community are keeping their students organized and on-task!

<b>High School in the Community (HSC)</b> <b>Remote Learning Schedule</b> 				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00--9:30 Advisory	9:00--9:30 Advisory	9:00--9:30 Advisory	9:00--9:30 Advisory	9:00--9:30 Advisory
9:30--11:00 Per. 1	9:30--11:00 Per. 2	9:30--11:00 Per. 4	9:30--11:00 Per. 5	9:30--11:00 Per. 7
11:00--11:30 HSC Live or Eagle Block	11:00--11:30 Eagle Block	11:00--11:30 Eagle Block	11:00--11:30 Eagle Block	11:00--11:30 Eagle Block
11:30--12:15 Math Additional Instruction/Eagle Block	11:30--1:00 Per. 3	11:30--12:15 Social Studies Additional Instruction/Eagle Block	11:30--1:00 Per. 6	11:30--12:15 Art, PE, & Music Additional Instruction/Eagle Block
12:15--1:00 English Additional Instruction/Eagle Block		12:15--1:00 Science Additional Instruction/Eagle Block		12:15--1:00 Spanish & Latin Additional Instruction/Eagle Block

**The small school for students who want to do big things**

**Amazing. Our students would not be able to do this without you!**

## SOCIAL-EMOTIONAL LEARNING AT HOME

### *Engage your students and their families by completing a Time Capsule!*

Time Capsule is a great way to get students to explore and discuss what is currently happening in the world. A Time Capsule can be done by all ages and it helps practice self-awareness as well as social awareness. Here are some things your students might want to consider while completing the Time Capsule activity:

- Today's date
- Name
- Age
- Favorite book
- Favorite movie or TV show
- Favorite food
- Favorite book
- Indicate a special event celebrated during Pandemie (i.e. a family member's birthday)
- Take pictures, draw pictures or add newspaper clips!

This activity includes worksheets that can be used with younger students and can be modified for older students. You can download and save the document here:

[Time Capsule COVID-19 2020](#). Source was found here: [Record Experiences With a Free COVID-19 Time Capsule Workbook](#)

## SOCIAL DISTANCING SELF-CARE

It is **essential** to practice self-care during this time. Here are some quick tips and tools on how to take care of yourself during distance learning and the COVID-19 pandemic:

**Make time for yourself.**

**Stay actively connected.**

**Find ways to discover yourself.**

**Make time for physical AND mental health.**



Be sure to check out these links for exercise:

[Yoga With Adriene](#)

[Daily Burn](#) - FREE 60 day-trial!

Many of us are experiencing heightened anxiety while social-distancing. Here are a few strategies on how to manage these feelings

**EQUAL BREATHING:**

**How to do it:** Begin by sitting or lying down in a comfortable position. Your eyes can be open or closed. Inhale for 4 counts, and then exhale for 4 counts.

All inhalations and exhalations should be made through your nose, which adds a slight, natural resistance to your breath. Once you get these basics down, try 6–8 counts per breath.

Here are 5 more tips to help manage anxiety you might be experiencing:

## NOW WHAT?

### A BroncoBOLD Guide to Managing Coronavirus Anxiety

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The coronavirus (COVID-19) has prompted unprecedented changes around the world. Sudden and unexpected events can elicit all kinds of emotions and what-if thoughts. During a pandemic it is normal to feel anxious, fearful or sad. Sustained high anxiety can make it difficult to respond in a constructive way. The following suggestions, based on psychological science, can help you deal with coronavirus anxiety.



**1 FOCUS ON WHAT YOU CAN CONTROL**

There might be a lot that feels out of your control right now. Focus on the factors you can control. Develop an action plan to decrease risk. Practice good hygiene and follow CDC recommendations. Pay attention to thoughts that breed anxiety and work to shift your focus.



**2 LIMIT MEDIA INFLUENCE**

While it's helpful to stay informed, it's also important you don't allow yourself to be bombarded with anxiety-provoking news all day. Limit media consumption to a certain time frame or number of articles. Mute alerts on your phone.



**3 TACKLE THE ANXIETY PARADOX**

Carl Jung said, "What you resist persists." The more you try not to feel anxious, the more likely your anxiety will increase. When anxious feelings show up, notice and describe the feeling without judgement. Allow yourself to sit with uncomfortable feelings and anxiety will reduce overtime.



**4 PRACTICE SELF-CARE**

Get plenty of sleep, eat a balanced diet, practice mindfulness, spend time outdoors, and employ relaxation techniques when stressed. Good self-care keeps your immune system strong.



**5 DON'T BE AFRAID TO SEEK PROFESSIONAL HELP**

If you experience mental health symptoms that interfere with daily life, enlist professional help from a licensed mental health provider. On campus, call Counseling Services at 208-426-1459, The NAMI Resource and Referrals Helpline: 1-800-950-6264 or The National Suicide Prevention Hotline: 1-800-273-8255

WE ARE BRONCOBOLD.

**VIRAL KINDNESS:** The form below was passed around a neighborhood & folks were able to help out one another!

**HELLO!** If you are self-isolating, I can help.

**My name is** .....

**I live locally at** .....

**My phone number is** .....

**If you are self-isolating due to COVID-19 I can help with:**

<input type="checkbox"/> Picking up shopping	<input type="checkbox"/> Posting mail
<input type="checkbox"/> A friendly phone call	<input type="checkbox"/> Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

**REMEMBER:** We will get through this together. This too shall pass.



## RELATED SERVICES

We have several amazing staff shout-outs to highlight!

Our first shout-out goes to the following school psychologists:

**Dr. David Sax**  
**Renee Baker**  
**Matthew Bortugno**  
**Elaine Honig**  
**Hayley Walker**

This team worked collaboratively to develop dyslexia online training for paraprofessionals. Training includes videos, articles, and essential questions about dyslexia to help paraprofessionals support students with dyslexia.

Our second shout-out goes to:

**Jennifer Berrios Burgos (school psychologist)**  
**Patricia Perez (school social worker)**

These two are working together by setting up a google classroom to provide school-wide SEL lessons at Clinton Avenue School. Grade level links are available for students (k-2, 3-4, and 5-8). Target lessons and activities are posted for specific grades. Teachers are encouraged to invite students to join their SEL google classroom. Teachers can also copy SEL lessons and post them onto their own google classroom. Please reach out to Jennifer Berrios Burgos for additional SEL resources!

Our third shout-out goes to:

**Heather Bazinett**

Heather has created a Speech & Language Newsletter for Lincoln Bassett. This newsletter provides resources for families to access at home such as books to read online and websites to practice articulation and language! You can read her newsletter here: [LBCS SPEECH LANGUAGE NEWSLETTER April 2020](#)

Last but not least, another shout-out goes to:

**Dr. Steve Franklin**  
**Elana Koverman**  
**Sardo Mondesir**

**Sharon Walsky  
Sandra Kaplan**

This team worked collaboratively to develop online training for paraprofessionals about strategies to work with students with challenging behaviors. The training includes videos, articles, and essential questions!

**Great job everyone! NHPS has such a dedicated staff!**

## SCHOOL COUNSELORS

The Middle school counselors are all working hard to support students, families, and teachers.

Middle school Counselors are joining google classrooms and/or creating their own in order to stay connected, communicate social emotional resources, as well as to keep 8th grade students and families up to date about the high school placement process.

Counselors are also touching base with families in need, making ourselves available to support students and their families during this time. Many counselors are also contacting families of students with 504s, or the families who have questions about the high school placement process.

Middle school counselors are also connecting staff with social emotional resources and community resources. They are helping to track student engagement and working to make sure grades are properly stored for the third marking period.

**We are so lucky to have such hard working colleagues!**

## PARA-EDUCATORS ROCK!

The NHPS Para Educators Rock! Since the closing of NHPS schools the Para-educators have stayed connected with our families and school staff. They have taken on such roles and responsibilities as translating for families, making phone calls to families, connecting with students, supporting the learning needs of our students through Google Classroom and other platforms. Para-educators have been consistent in the lives of our students and their families, which demonstrates their level of commitment to NHPS.

## PARENT CORNER

**THANK YOU PARENTS!** We appreciate your commitment to student learning as we embark on this new virtual learning endeavor. We understand that many of you are juggling various responsibilities at home and work and still find the time to communicate with NHPS staff. The

level of commitment that you have demonstrated as parent educators is much appreciated. We will continue on this academic journey with you as partners!

Here are some links for further information!

### **COMMUNITY RESOURCES FOR FAMILIES**

Click on the following links for community resources to help with various needs such as food, internet and mental health services.

[YFCE PARTNER RESOURCE CONTACT LIST](#)

[FREE GRAB & GO SCHOOL MEALS!](#)

### **SPECIAL EDUCATION Q&A**

[Special Education Guidance and Resources](#)

### **TIPS FOR CHILDREN WHO STRUGGLE WITH EXECUTIVE FUNCTIONING**

[Executive Functioning Tips](#)

## STAY TUNED!

Stay tuned for the next edition of *Staying In Touch While Keeping Our Distance* in May 2020!