

STAYING IN TOUCH

WHILE KEEPING OUR DISTANCE

MEETING THE NEEDS OF STUDENTS, FAMILIES AND STAFF

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GIVING THANKS

Typhanie Jackson, Director of Student Services

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.” -Melody Beattie

During this time of year we oftentimes stop to consider all of the reasons why we are grateful. Sometimes this is hard as it is also a time of remembrance for those we have lost and special moments in our life that no longer exist. Couple these moments with an on-going pandemic, it makes it a challenge to express gratitude. More than ever, we need to stop, reflect, take care of ourselves and hold our loved ones close. Educators are always caretakers and sometimes forget to take care of themselves. Knowing that we too need love - sending a note or saying a kind word goes a long way. As a New Haven Public School family, we cannot fully express our appreciation for all of the work you continue to do on behalf of our children and families. Please be well, stay safe, and show each other care and consideration. We need each other.

**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: Melissa Stevens, Dr. Reginald Mayo School

This newsletter shout out goes to preschool self-contained teacher, Ms. Melissa Stevens. Ms. Stevens has been with us for a few short months but during this time she has demonstrated so many amazing qualities. She is patient, kind and gentle, engaging all her students in her google classroom. She provides daily group and individual live lessons to her students thus meeting all their developmental needs. She has provided a virtual learning experience where all families feel they can take an active part in the discussion. Her units on owls, scarecrows and spiders prove to be fun and engaging as measured by her daily participation. Keep up the good work Ms. Stevens!

K-8: Jennifer Ryalls & Lauren Roche, East Rock *Excelling at East Rock!*

Jennifer Ryalls is an exemplary special education teacher who is passionate about student growth. She provides engaging lessons aligned with student goals. She goes above and beyond to teach the “whole child” to ensure students are successful both academically and socially.



SEL



Lauren Roche makes sure to keep her students engaged. Her enthusiasm is contagious! She is always incorporating movement and music activities into her learning. Her Google Classroom slides are visually appealing and her students love to see what is scheduled each day!

THE OLD WEST	ANIMATED DISNEY VILLAINS	CATCH PHRASES	WORLD OF WATER	NEWSPAPER NAMES	GOING VEGAN
\$200	\$200	\$200	\$200	\$200	\$200
\$400	\$400	\$400	\$400	\$400	\$400
\$600	\$600	\$600	\$600	\$600	\$600
\$800	\$800	\$800	\$800	\$800	\$800
\$1000	\$1000	\$1000	\$1000	\$1000	\$1000

High School: Ms. Steele & Mr. Troy, Hillhouse High School

Click [here](#) to watch students at James Hillhouse High School take a break from learning with movement. Ms. Steele and Mr. Troy provide students with a Zumba dance break in between lessons. This has helped keep students motivated and engaged in remote learning.

Keep up the great work Ms. Steele and Mr. Troy!

Self-Contained: Nicole Cassidy, Joaquin Chico & Rosemary Coffy

Back to School at Clinton Avenue!!! Kudos to Ms. Nicole Cassidy (Self-Contained teacher), Mr. Joaquin Chico (Paraprofessional), and Ms. Rosemary Coffy (Speech and Language Pathologist). All have done an excellent job engaging and welcoming their students back to school.

Watch the video [here](#) to see students have fun and learn!!

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

SOCIAL-EMOTIONAL LEARNING AT HOME

Feeling burnt-out? Overwhelmed? Read this article for a few tips on how to avoid empathy overload: [***Helping Hands Need A Break, Too: How To Lend Support Without Burning Out***](#)



Resource: www.npr.org

SELF-CARE

Self-care is not selfish. You must fill your own cup before you can pour into others.



Tip 1: Self-care can entail changing our emotional responses:

Question WHETHER YOUR RESPONSE IS WARRANTED?

Check to see if specific situations warrant the response you're having. Examine the facts. While our emotions are always valid, they are not always justified. Look to see if your emotional response matches the circumstances.

AM I BEING EFFECTIVE?

Observe whether what you're doing is helpful or hurtful to the situation. If it's yielding worse outcomes, do the opposite of whatever it is you feel like doing. Commit to it.

Examples: If what you desire is to stay home and isolate, force yourself to be around people. If you're angry and want to yell, try avoiding the person who your anger is directed towards.

Tip 2: It's okay to use distraction as a strategy

WHY SHOULD I DISTRACT MYSELF?

Activities are a great way for us to distract ourselves from our current emotions until we are in a place where we can better cope. When our stress levels are too high, we may ineffectively manage a situation requiring our emotional state of being to be in a better place. Some suggestions may seem similar to self-care, but distraction activities serve a different purpose. One person's self-care activity is another's distraction technique. Here are examples:

- Call a friend (and DO NOT talk about what's causing you distress)
- Create something
- Describe your surroundings using your five senses
- Go for a hike
- Engage in a puzzle/ crossword puzzle
- Listen to music or a podcast
- Do something kind for someone else

- Focus on a single task
- Order from a new restaurant
- Make a list of things (cars, dog breeds, music artists, etc.)
- Take a hot or cold shower
- Try something new
- Garden
- Watch a comedy
- Connect with nature
- Meditate
- Cook a new recipe
- Watch TV or a movie

Pandemics coupled with Life= Stress

COVID-19 pandemic may be stressful for people. Fear and anxiety about the disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing and the recent rise in cases, can make people feel isolated and lonely which increases stress and anxiety. Never mind managing the day-to-day stress that LIFE brings. This is why: **copng with stress in a healthy way will make you, the people you care about, and your community stronger.**

Stress can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.

If you find that you are exhibiting any of the following, please note the following resources:

City of New Haven Employee Health & Wellness Program:

Occupational Medicine and Wellness Service are offered via Skype and phone calls.

- Appointments are available with our Health Coach and Registered Dietitian and are completely confidential.
- During this time of uncertainty, the Employee Wellness Program is here to offer support and guidance.
- Developing a routine can assist with navigating this new 'normal,' your Health Coach and Registered Dietitian are available for tele-visits.

Please contact us for support, follow up, questions, or comprehensive appointments.

Contact information:

Mary Maloy, RD, Registered Dietitian, Yale New Haven Health
203-507-7733
mary.maloy@ynhh.org

Kim Standish, Health Coach, Yale New Haven Health
475-224-7697
kim.standish@ynhh.org

IN A CRISIS OR STRUGGLING?

TEXT HOME TO 741741 TO CONNECT WITH A CRISIS COUNSELOR FREE 24/7 SUPPORT AT YOUR FINGERTIPS US AND

CANADA: TEXT 741741 UK: TEXT 85258 | IRELAND: TEXT 50808

RELATED SERVICES**School Social Work**

Click on the link below to view the National Geographic Virtual Library that Khalilah Abdulrahim, School Social Worker at Hillhouse, created for utilization with a multi-handicapped class. Amazing job Miss K! [Wellness Wednesday](#)

School Psychology**School Psychologist Awareness Week is November 9-13 2020!!!**

This year's theme is "The Power of Possibility", which conveys hope, growth, resilience and renewal. School Psychologists are particularly skilled in assisting students and staff in seeing possibilities and developing positive changes in school and beyond classroom experiences. They are uniquely qualified members of school teams that support student's ability to learn and teacher's ability to teach. They apply expertise in mental health, learning, and behavior to help children with social emotional growth and succeed academically.

We proudly introduce to you NHPS School Psychologists (click on link below to watch video): <https://drive.google.com/file/d/1cu14XYaUNuhX3Q5Bdh1JrhpybK6osyiX/view?usp=sharing>

For more information about the role of the school psychologist in your school, click on link below and/or check out National Association of School Psychologist (NASP) website [https://www.nasponline.org/research-and-policy/advocacy/national-school-psychology-week-\(nspw\)/about-the-theme](https://www.nasponline.org/research-and-policy/advocacy/national-school-psychology-week-(nspw)/about-the-theme)

PARA-EDUCATORS ROCK!

The following excerpt is from a first year teacher at Bishop Woods. Self-Contained classroom (K-8) Ms. Gabriella Lavorgna wrote this to recognize the paraprofessionals who have been working in person since the classroom was able to reopen:

“My paraprofessionals have made my first year of teaching an incredible experience. Melanie Hobson and Michelle Gibbons are two of the most passionate, hard working people I have ever met. Starting off as a new teacher with new students was intimidating but, I have learned so much from them. I often sit back and watch my paras work with our students so I can learn from their interactions. Our students gravitate towards them because of their warmth and compassion. They come to work every day with a smile on their face because they cannot wait to see our students, no matter if it is in person or virtually. I trust their professional opinions and I rely upon their strengths to help benefit our students. Watching Melanie and Michelle interact with our students reminds me how much recognitions our paraprofessionals deserve. They work so hard each day to put our students' needs FIRST. With these hard times, I could not be more thankful for Melanie and Michelle for always being there for me, and especially for our students.”

- Gabriella Lavorgna

SOCIAL JUSTICE

WHAT IS SOCIAL JUSTICE?

It is getting to the root, structural causes of issues like homelessness, poverty, or the refugee crisis. Rather than just looking at the individual who has needs, social justice takes a step back to look at the social, political, or economic factors that are affecting whole groups of people in crisis. Examples of acts of justice are lobbying lawmakers to provide more affordable housing, calling on employers to pay a living wage, or working to improve your local system.

Here are basic steps to help you fight for social justice causes you believe in:

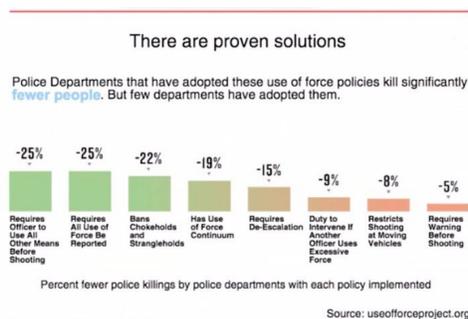


1. **Be Yourself and Follow Your Passions** (Doing what feels right for you maintains authenticity, which is critical when doing social justice and equity work. People can be moved by our passions and love for the cause).
2. **Work Together**
(Focusing on doing the work and having conversations within your own communities will be the start of an effective movement toward change)
3. **Speak Out**
(For example, if you think the suspension and expulsion policies at your school need to be revisited, speak your mind. It takes bravery to speak out against injustice and oppression and may seem hard, but it is and always should be about what’s best for students.)
4. **Be a Voice of Encouragement** (Whether on social media or in real life, we need to amplify, support and cultivate a culture of encouragement. The more we do that, the more we build toward lasting positive change. This would help others to speak out against injustice, do the right thing and feel heard).

REFERENCES: <https://www.tolerance.org/magazine/five-ways-to-advocate-for-justice-in-education>
<https://www.rebekahgennapp.com/social-justice-kids-service/>

NHPS STUDENT PROJECT CREATES AWARENESS

[HSC Student Shoots No-Shoot Doc](#) is an article about our own HSC student, **Airiqa Hoheb’s** (now a Junior) Grade 10 Social Justice Symposium project. This powerful video created by Airiqa shows not only the problem, but a solution to police brutality in the United States. Click on the picture below to view her entire project.



CELEBRATING DIVERSITY: NATIVE AMERICAN HERITAGE MONTH & GRATITUDE

Native American Heritage Month

“November is National American Indian Heritage Month The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the rich ancestry and traditions of Native Americans.” -

<https://nativeamericanheritagemonth.gov/>

Celebrate Native American Heritage Month | U.S. Department of the Interior



“It’s time to celebrate the rich histories, diverse cultures and important contributions of our nation’s first people. Interior works to honor the nation’s trust responsibilities and special commitments to American Indians and Alaska Natives.” - www.doi.gov

Tradition of Squash Pie

Crust:

- 1 cup shelled pumpkin seeds
- 1 cup shelled sunflower seeds
- ½ cup broken puffed wild rice
- 1 tsp. sea salt

- 2 tsp. pure maple syrup
- ½ cup water
- extra seeds for pushing into the formed crust

Pie Filling:

- 2 small gete-okosimaan (*Use Butternut Squash as a substitute)
- 2 T oil + 2 tsp.
- 4 tsp. pure maple syrup
- ½ tsp. salt

Fiddlehead Salad:

- About 3 handfuls of fresh sumac berries (*Use fresh cranberries as a substitute)
- 24 dehydrated (or fresh!) wild edible fiddlehead ferns. (NOTE: Edible fiddleheads vary with climate and ecosystem. Here in Minnesota, I collect Ostrich Fern fiddleheads. A fiddlehead is a general term for the unfurled leaf, when it's still all coiled up and resembles the scroll pegheads on some stringed instruments. It is a term that can apply to any species, so check which species are edible in your region. If not available, you can use 2 stalks of asparagus, chopped, as a substitute.)
- 8 wild rosehips, slightly dehydrated and seeded
- 1 dozen small crabapples, cored and chopped
- 8 dehydrated wild leek greens, chopped (*Use onion cut into 1/8" half-moon strips as a substitute)
- 4 T real maple syrup
- ½ tsp. sea salt
- 1 T oil

Gratitude

Click [here](#) to Find Your Gratitude Attitude with Ms. Wells, School Social Worker from East Rock! What an amazing presentation to use for ourselves and with our students!

PARENT CORNER**TIPS FOR IMPROVING SLEEP****The Bedroom**

Make your sleeping areas as comfortable as possible: cozy sheets, black out any light, use white noise to neutralize sound, keep the bedroom at comfortable temperature, etc.

Use relaxing scents such as soothing aromatherapy: orange blossom, marjoram, chamomile, and lavender.

Relax

Avoid using the phone, computer and TV before bed!

Set Routine

Identify actions to prepare your body to rest, such as: taking a nice warm bath, listening to relaxing music, practicing some mindfulness exercises or reading a book.

Time and consistency! Going to bed at the same time every day is extremely important. Make sure to get enough rest. The Sleep Foundation Recommends following hours based on age group. Experts recommend:

Pre-school (3-5 years old) 10-13 hours; School-age (6-13 years old) 9-11 hours; Teen (14-17 years old) 8-10 hours; Young adults (18-25 years old)7-9 hours; adult (26-64 years old) 7-9hours; older adults (65 years old and plus) 7-9 hours. (www.sleepfoundation.org)

Nutrition

Avoid sugars and caffeinated drinks prior to bed!

Further Help

If trouble sleeping persists, please consult with your primary care doctor to explore other options.

Stay well and take good care!

Maciel Filpo, LMSW

School Social Worker

THANK YOU!

Thank you for “staying in touch while keeping our distance”! Look out for our next newsletter in December 2020!