

SEL NEWS

THE MONTHLY NEWSLETTER OF
THE Q300 GUIDANCE AND SOCIAL WORK TEAM



A MESSAGE FROM THE COUNSELORS AND SOCIAL WORKER

For the months of December and January, we will start a new unit in our SEL lessons around the topic of Respect, Acceptance and Diversity. This is a great opportunity for students in all grades to learn more about themselves, respecting others, living in a multicultural world, and using their voice.

We wanted to share a bit of advance information about these lessons. There will be five focus areas that make up the unit. In each area's lessons, students will have the opportunity for writing and reflection to support their learning. The five focus areas are:

- **Identity:** Students will learn about different parts of our identities, like names, religion, ethnicity, culture, language, gender, personality, appearance, and strengths. We will talk about the fact that some parts of our identity are easy for others to see and other parts are more hidden. The purpose of the lesson is for students to understand more about identities overall and to continue to love themselves and their own identities.
- **Diversity:** Important ideas of this focus area include learning that differences aren't bad, that we have lots of commonalities despite our differences, understanding why diversity is important, and that it's okay to respectfully ask about differences.
- **Stereotypes:** Students will learn and discuss what are stereotypes and why are they harmful. They will practice respectfully challenging stereotypes people have about us or about others.
- **Injustice and Disrespect (Grades 3-8 only):** The goal of the lesson is for students to begin identifying different examples of people or peoples being treated unjustly or disrespectfully. We will discuss how many groups of people are treated unfairly. Students will examine fictitious posters, emails, etc. to spot the injustice then discuss relevant examples of injustice and how they hurt people.
- **Taking Action:** Students will discuss ways to take action when we recognize a person or group being treated unfairly or disrespectfully. This section includes the real-life examples of Mari Copeny (Flint, MI water crisis) and Malala Yousafzai (girls' education in Pakistan). Students will practice what we could say in the moment if we hear someone say something racist, sexist, or otherwise disrespectful.



DECEMBER PARENT WORKSHOPS

Caring for our Children, Caring for Ourselves During COVID-19 Led by Janis Meadow, Child Life Specialist at NY-Presbyterian Queens

Please join us for a workshop focusing on helping parents to provide self-care while balancing work and child care. We will also explore understanding when your child may need additional emotional support during this challenging time.

Bring paper, markers or colored pencils for an art activity. Please also bring your own strategies and ideas so that we can share as a group.

Wednesday, December 9 at 3:00 p.m.

Join Zoom Meeting
<https://us02web.zoom.us/j/83068639612>
pwd=VGFUcE5vM3ZNQ0FnUjBwNXBmWVJmUT09
Meeting ID: 830 6863 9612
Passcode: 774380

Stress Reduction and Mindfulness Workshop for Parents Led by Ashley Kaippallil, MA, LMHC

Join us for a parent workshop and a moment of self-care led by our School Mental Health Consultant Ashley Kaippallil.

Thursday, December 17 at 4:30 p.m.

Join Zoom Meeting
<https://us02web.zoom.us/j/87536739742>
pwd=eFFNRll5RkEzcEhrNTArdERtWVl2Zz09M
Meeting ID: 875 3673 9742
Passcode: 614704

Active Parenting 6-WEEK SERIES IN SPANISH OR ENGLISH

Western Queens Preventive Services is offering a free online parenting workshop. Active Parenting will give you skills to achieve a fuller more satisfying family life.

Participating parents learn:

- How to help children to succeed in school.
- How to teach courage, responsibility, and other important character traits
- Discipline techniques that really work
- How brain development affects children's behavior and decision-making
- This course is a proven-effective approach to parenting that will lead to more harmony and happiness for you and your children.

TO REGISTER CALL (347) 527-4427

PARENT RESOURCES FOR RESPECT, ACCEPTANCE AND DIVERSITY

- [The Museum of Tolerance](#)

While MOT remains closed for walk-in visitors, we are actively engaging our museum community, staying connected and stronger together. Join us virtually for an exciting array of programs, speakers, field trips, tours and workshops.

- How to choose [Outstanding Multicultural Books](#) for children.
- [Teach Children About Cultural Awareness and Diversity](#)