

SEL NEWS

THE MONTHLY NEWSLETTER OF
THE Q300 GUIDANCE AND SOCIAL WORK TEAM



WELCOME!

Welcome to our new monthly newsletter, produced by the counseling and social work staff of Q300.

In this newsletter we will share updates about Social-Emotional Learning taking place at school including our monthly learning themes. We are excited to start this year with a focus on Hispanic Heritage and Bullying Awareness. Please see page 2 of this newsletter for more information.

In addition to an introduction to each month's learning focus, we will also be sharing information on upcoming parent workshops, community events that celebrate cultural diversity, social-emotional and parenting resources (including helpful ways to discuss challenging topics at home) and more.

We look forward to a great school year together!

Khary Chang, Upper Division Guidance Counselor

Christine Katartzis, Upper Division Guidance Counselor

Rachel Weiss, Lower Division Social Worker

PARENT WORKSHOP ON CHILD ABUSE AND MANDATED REPORTING

Upper Division Guidance Counselor Christine Katartzis will lead this virtual workshop sharing important information regarding New York State child abuse regulations and the role of mandated reporters in our schools.

OCTOBER 20 AT 3 P.M.

Join Zoom Meeting

[https://us02web.zoom.us/j/6951723433?](https://us02web.zoom.us/j/6951723433?pwd=LzZ3d2cvZ242WjVjVtFg1cDcyaDJPZz09)

[pwd=LzZ3d2cvZ242WjVjVtFg1cDcyaDJPZz09](https://us02web.zoom.us/j/6951723433?pwd=LzZ3d2cvZ242WjVjVtFg1cDcyaDJPZz09)

Meeting ID: 695 172 3433

Passcode: 309331

RESOURCES AND INFORMATION FOR PARENTS:

Interesting reads on a perpetually hot topic-- screentime. I learned something from both of these articles:

- <https://www.additudemag.com/adhd-teens-video-game-rules-limits/>
- <https://www.nytimes.com/2020/09/23/parenting/roblox-screentime.html>

2E ONLINE SUPPORT GROUPS FROM TECA:

TECA, an organization for twice-exceptional students and their families is offering a series of on-line parent support groups:

<https://www.teca2e.org/event/list/>



PARENT RESOURCES FOR HISPANIC HERITAGE MONTH

These resources can enrich your family's celebration of Hispanic Heritage Month:

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

There is a discussion panel for Hispanic Heritage month Hosted by NYSUT:

<https://www.nysut.org/news/2020/september/hispanic-heritage>

Join the Smithsonian online for vibrant performances, lectures, and family activities that celebrate our nation's rich cultural heritage and history:

<https://www.si.edu/events/heritagemonth>

Ways to celebrate at home:

<https://www.parents.com/latina/how-to-celebrate-hispanic-heritage-month-with-kids/>

From a Mom: Hispanic Heritage Month Is a Problem — But I'm Still Teaching My Kid About It:

<https://www.sheknows.com/parenting/articles/2345886/hispanic-heritage-month-children/>

RESOURCES FOR TALKING ABOUT BULLYING AT HOME

In the month of October, counseling/social work staff and teachers will also be addressing the issue of bullying prevention with our students through classroom lessons, discussions and delivery of materials from the DOE's Respect for All resources. This is an important topic that we will continue to address this year on an ongoing basis in our Morning Meetings, Advisories, classroom discussions and school-wide initiatives.

We are sharing some links to help you discuss this important information at home as well as a link to the DOE's Respect for All brochure.

Respect for All Brochure link:

<https://www.schools.nyc.gov/school-life/school-environment/respect-for-all/respect-for-all-handouts>

How parents can promote respect, responsibility and readiness at home:

<http://d3n8a8pro7vhmx.cloudfront.net/themes/51e1be8f9670a42080000002/attachments/original/1377636635/4.CreatingJustandCaringCommunitiesforParents.pdf?1377636635>

Talking to children about bullying:

<https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/bullying-information-for-parents>