

Mindful Minute

Be Welcoming - Be Mindful - Be the Solution

Weeks of 10/4 and 10/11 - Issue 1

Welcome back, JAHS community and to the first issue of the Mindful Minute newsletter! Mindful Minute is created by the PBIS team providing you with current news, announcements, self-care practices, trivia and much more! New issues will be posted on the JAHS website every other Friday.

Get involved!! Help us by sharing your ideas or feedback. We want this to be something you look forward to reading - so suggestions are always welcome! Email Ms. Morozowski (taylor.morozowski@globalkids.org) or visit the PBIS room 234.

Happy reading! :)

For this first issue, I would like to introduce some of the JAHS PBIS team!!

Ms. Jagannath - MTSS/PBIS Coordinator

Hi Everyone! I would like to take this opportunity to welcome you back into the building and to introduce myself as the MTSS/PBIS Coordinator. I am here to support each of you on your journey throughout high school academically, behaviorally, and socially emotionally. I received my BA in English from Hunter College and my MA in Secondary Education from Brooklyn College. Fun fact about me, I love cooking, baking, dancing, and of course, reading (also an English teacher at JAHS). I am located in room 234 and cannot wait to meet all of you!!

Ms. Morozowski - Global Kids School Climate Coordinator

Hi everyone! I just started this year as the GK School Climate Coordinator - I'm looking forward to meeting and getting to know you and the JAHS community! I will be facilitating

the Mindful Minute newsletter biweekly. I also will be assisting in professional development for staff, push in student workshops, mediations, and social-emotional check in's. But most importantly I am here to support YOU and help teach you the tools to reach your goals! To give you some background on me; I received my BA in Sociology at Stony Brook University and my MA in School Counseling at New York University. My favorite color is green (you'll most likely catch me wearing it often!) and I love sushi (no like really - I could eat it 4 times a week). I'm located in room 234 - feel free to stop in and say hi! Looking forward to supporting you in your high school journey.

Mr. Ramos – SAPIS

A huge welcome back to everyone! My Name is Mr. Ramos, I am the SAPIS here at John Adams High School. For those of you that don't know, SAPIS stands for Substance Abuse Prevention Intervention Specialist. I spread awareness on the impacts of substance/drug use, while also providing support and connecting students to many of our resources. I am also part of PBIS, a team that focuses on assuring that everyone has the necessary tools to reach their potential and surpass their goals. I graduated from CUNY John Jay College. Fun fact; my parents favorite movie is Home Alone - that's why I was named Kevin! We look forward to meeting you all and including you in the PBIS journey.

P.S. For those of you that were part of the SAPIS CIRCLE during the virtual times.. Just know that we are looking to expand our circle and continue forming connections through PBIS. KEEP RAISING THE BAR.. and of course stay POSITIVE!

Ms. Higgins – MTSS/College Counselor

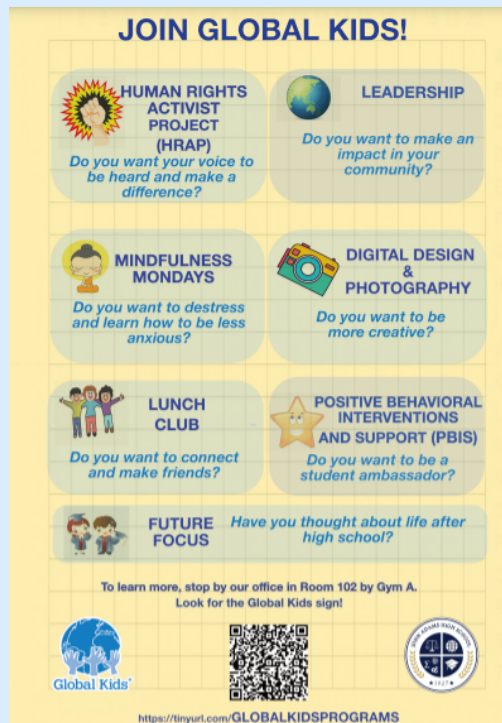
I work with the Multi-tiered System of Supports (MTSS) which is in place to provide support to students who may be struggling with academic, behavioral, and/or social emotional concerns. Our goal is to be proactive and intervene early so that students don't fall behind in their classes. Please know that there are a ton of different supports here for you at JAHS, feel free to reach out to your Guidance Counselor or any staff member if you ever need assistance, we are here to support and help you! Some of the services offered through MTSS are: Peer Mediation, Mindfulness/Meditation, Tutoring, Counseling, Mentorship and much more.

As College Counselors, myself, and Mr. Dwyer are here to help you navigate the college process from researching schools, majors, and more, to applying to colleges and everything in between. The College Office is also here to support students who are looking to explore alternative post-secondary options, as well as trade schools, military, workforce, etc. We are located in room 319 and we are also on Instagram so please follow @jahscollegeoffice for more updates and information!

I graduated from The University of North Carolina Greensborough with my BA in Communication Studies and my MSed in School Counseling at Alfred University. I love Beyonce and my favorite food is tacos.

JAHS COMMUNITY ANNOUNCEMENTS

- ★ **JOIN US** and be a part of our **PBIS SEL** (social-emotional learning) **Center!!!** We are looking for student leaders who can uphold the PBIS values of *being welcoming, being mindful, and being the solution*. Through the SEL Center, we will be recruiting student ambassadors - stop by room 234 for an application! Some perks of being part of our team include; special prizes & apparel, community service hours, National Honor Society hours, recommendation letters and more! Not to mention - it looks great on your portfolio for college and job applications.
- ★ Join the **Games and Ventertainment club** hosted by Mr. Ramos. This club will include music, anime, video games, board games, and individual/group check-ins! It will be held after school on Wednesdays 3:45-4:45 in room 227. Visit Mr. Ramos at room 132-11 or email him at kramos20@schools.nyc.gov to sign up!!
- ★ Questions about COVID testing for students, vaccination sites, and health & safety in NYC schools? Visit [NYC DOE Health & Wellness Page](#) for information.
- ★ Get involved and join **Global Kids**! Check out the flyer below for more information.



Got announcements? Email Ms. Morozowski to be posted in the next issue

SELF TLC

Self-care & Wellness Practices



self-care

/ˌselfˈker/

noun

noun: **selfcare**

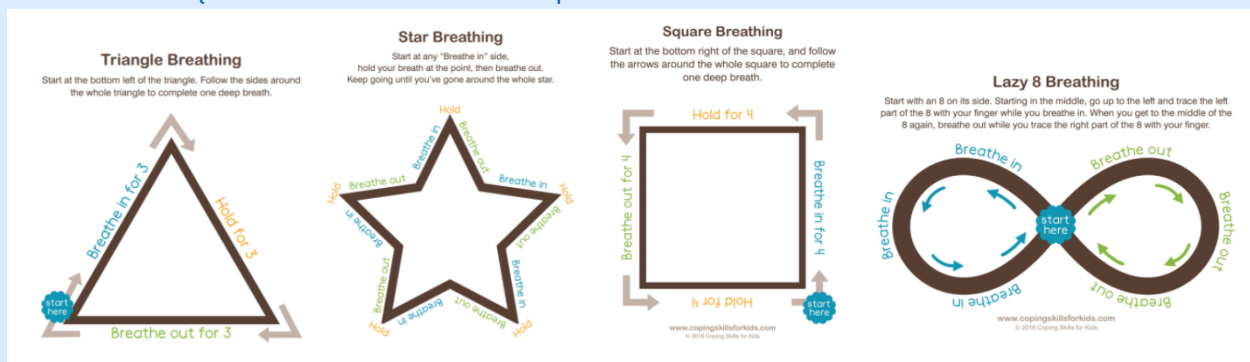
the practice of taking action to preserve or improve one's own health.
"autonomy in self-care and insulin administration"

- the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.
"expressing oneself is an essential form of self-care"

Self-care is an important practice that everyone needs to do habitually in order to keep the best mindset and to stay healthy! If you need support or more tips on how to manage self-care, reach out to us -- the **PBIS team is here for you!!** Check back on this section of the newsletter as we will continue to give you more “self TLC” strategies. This week’s issue will cover how to handle some feelings of re-entry anxieties due to COVID-19.

Tips for Overcoming Re-entry COVID-19 Anxieties

- Write down your concerns for re-entering your community/school/work etc. and put them into two categories; things you can control and things you can’t control. When a fearful thought pops in your head over something you can’t control, try to change your mindset from negative to positive (this is called **growth mindset!**). Example: *Negative Mindset* “When I go to school, I may get infected” → *Positive Mindset* “When I go to school, I will follow all health & safety protocols and rules which include wearing a mask properly, washing my hands often, and socially distancing myself”.
- **Be aware** of overwhelming feelings from *too much news intake* of COVID-19. Also, make sure you are reading from *reliable news sources*!
- Practice “mindfulness intervention” techniques such as **mindful breathing** techniques. Below are some examples!



- **Do things that you enjoy** and make you feel good! Such as listening to music, reading, exercising, playing with your pet, drawing, yoga, baking, etc.
- **Write down things you are grateful for** and keep it to periodically read back on to keep a positive mindset and your perspective in check!
- **Self-reflect.** Be patient with yourself and keep working towards your goals. Think about how far you've come and all the progress you have made so far. Always keep a growth mindset!

*[*Click here](#) for the full article on how to overcome re-entry COVID-19 anxiety**



CREATIVE CORNER

This is the spot to check back for fellow students (staff too!) art work, drawings, poems, photography, cooking recipes - or anything else creative you've made that you'd like to share with the JAHS community.

To be featured in our next issue please email your creativity to Ms. Morozowski

NATIONAL TODAY

Social Media Holidays

Monday, October 4th: **World Animal Day ~ National Taco Day**

Tuesday, October 5th: **National Do Something Nice Day ~ National Get Funky Day**

Wednesday, October 6th: **National Noodle Day ~ National Coaches Day**

Thursday, October 7th: **National Depression Screen Day ~ National Frappe Day**

Friday, October 8th: **National Pierogi Day ~ National Fluffernutter Day**

Monday, October 11th: **National Coming Out Day ~ National Sausage Pizza Day**

Tuesday, October 12th: **National Savings Day ~ National Gumbo Day**

Wednesday, October 13th: **National Stop Bullying Day ~ International Skeptics Day**

Thursday, October 14th: **National Dessert Day**

Friday, October 15th: **Global Handwashing Day ~ National Grouch Day**

TRIVIA

- ★ Which potion in Harry Potter and the Half-Blood Prince grants good luck?
 - ★ Who is called the King of Pop?
- ★ Checkers (the game) was invented in which country?
 - ★ The Olympics are held every how many years?
- ★ What are three back to back strikes in bowling called?
 - ★ Through what part of the body do dogs sweat?

Check back on Mindful Minute Issue 2 for the answers!

That's it for this week's issue of **Mindful Minute**! The next issue will include more fun and informative topics. Please give us **YOUR** feedback!! Anything you think would be fun and interesting to read in your school's PBIS newsletter -- email Ms. Morozowski (taylor.morozowski@globalkids.org)! We would love to have more students involved in creating **Mindful Minute** - we want to hear **YOUR** voice! And remember, we're here for you :) Thanks for joining us and check back for the next issue!!

With Lots of Love and Support,
Your PBIS Team