

APRIL

Counselor's Corner

Talented and Gifted for Young Scholars

WORLD AUTISM AWARENESS MONTH

April is a time of renewal and fresh starts, and this month we'll be focusing on the theme of mindfulness. As we move into the final stretch of the school year, it's important for students to stay present and manage any stress that may arise.

Upcoming Events

- **April 1:** School Re-opens
- **April 4:** Kindergarten Spring Show & Middle School Volleyball Begins
- **April 14-18:** School Closed- Spring Recess
- **April 21:** School Re-opens
- **April 22 & 23:** Grades 3-5 NYS ELA Testing
- **April 24 & 25:** Grades 6-8 NYS ELA Testing

Focus of the Month:

Mindfulness

Mindfulness is about paying attention to the present moment without judgment. This month, we'll be introducing students to simple mindfulness techniques such as deep breathing, mindful listening, and body scans. These practices can help them manage stress, improve focus, and enhance their overall well-being.

Wellness Tips:

Staying Present

In our busy lives, it's easy to get caught up in worries about the future or regrets about the past. Help your child practice staying present by encouraging them to focus on the task at hand and take things one step at a time. Simple practices like deep breathing or taking a moment to notice their surroundings can make a big difference.

Senior Important Dates:

- **June 4:** 8th Grade Prom
- **June 12:** 8th Grade Senior Trip-Lake Compounce
- **June 24:** 8th Grade Graduation

Contact Information:

School Counselor:

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Community Coordinator/Intervention Specialist:

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