

BULKELEY HIGH SCHOOL SOCIAL WORK DEPARTMENT



January's focus was Self-Awareness

There are five key components to self-awareness:

- Identifying emotions
- Accurate self-perception
- Recognizing strength
- Possessing strong self-confidence
- Possessing self-efficacy

Schoolwide Social Emotional Learning

Social emotional learning is the way that children and students learn and practice the knowledge, attitudes, and skills to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, create and maintain positive relationships, and make responsible decisions. We are assisting the teachers by further supporting initiatives to incorporate these skills into their classrooms.

Each month our Social Workers and School Counselors will be collaborating with teachers and staff in an effort to further support social emotional learning opportunities throughout the school.

Self Awareness is the ability to understand one's own emotions, thoughts, and values and how they influence behavior in different situations. This includes the capacity to recognize one's strengths and limitations with a well grounded sense of confidence and purpose.

Being self aware allows students to work towards their goals and dreams.



Sandy Hook Promise Start With Hello



Currently 70% of adolescents report feeling lonely.

In collaboration with Sandy Hook Promise and their Start with Hello Program, in January, Bulkeley students participated in a training program to bring awareness about social isolation and to educate our students about ways to create a more inclusive environment in the classroom, school, and community.

To further support this initiative, Ms. Vargas-Castillo and the SAVE Promise Club (Latinos in Action) will continue to spread awareness by running youth-led activities and events throughout the school year.

[Click here for more information on Start with Hello](#)



Our school social work team values parents as partners in helping to address the struggles and challenges relating to student attendance. Parents' insights and perspectives are key ingredients to developing a thoughtful and positive plan for helping students to feel engaged in their school communities and reach their potential. Your school social workers are dedicated to ensuring students have adequate support, services, and resources available to achieve *academic, social and emotional* success. We work as partners with students, families, staff and the community to harness strengths and creatively address your child's challenges and needs.

School Matters!



Getting children to school on time every day...

...helps them become a more skillful reader

...helps them become problem-solvers when facing life's challenges

...helps them graduate on time

...helps them develop future employment habits

...helps them fulfill their hopes and dreams

...and so much more!

TRUE or FALSE?

- Unexcused and Excused absences can interfere with learning.
- Poor attendance habits starting in kindergarten are hard to break.
- Parents are the experts when it comes to their own children.
- Every school has a school social worker to offer help and support.

ALL TRUE AND TRUE AGAIN!

General Guidelines for Distance-Learning

- Set up a work area for your student at home away from TV/social media distractions.
- Come up with a schedule, but invite your child have input! Distance learning doesn't have to be between regular school hours. Set aside study times, break times and recreation times that make the most sense for your child.
- During work times - consider limiting phone/social media access. We know when the phone is nearby, focus on work declines substantially. There may be times when phone access is appropriate during work time, like a group project or study session over the phone with friends. There should be a balance, but many aspects of distance learning will be individual.

Self- Care Ideas

To be successful with distance learning, we suggest you structure your time in a way that best suits your learning style. There might be a lot of flexibility in your current schedule so it's very important that you create a routine to keep you focused throughout the day. Just as important is the ability to focus on personal self-care. *Self-care* is about meeting your basic needs so you can be physically and mentally healthy. Ways that self-care can be made a priority are:

1. Take time for regular breaks. During this time practice mindfulness.
Click here → [51 Mindfulness Exercises](#)
2. Get some exercise!
 - Try a free exercise class on YouTube. View YouTube channels such as ClassPass, POPSUGAR Fitness or FitnessBlender to get started!
3. Start a journal.
 - Some suggested prompts
 - Name ten things about yourself
 - What are my daily and weekly goals?
 - Describe something that has made you happy in the past two weeks
4. Call someone you have not talked to in a while and catch up.
5. Have a sleep schedule! Lack of sleep can contribute to increased mental health issues. Additionally, being sleep-deprived can raise your overall anxiety levels in your everyday life.

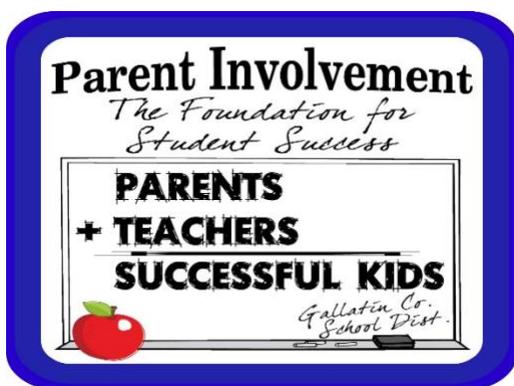
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FREQUENTLY ASKED QUESTIONS



Click on image for Google & Chromebook How-To's

[PowerSchool Parent Portal](#)



Allow Camera and Microphone Access



Posting Assignments in Google Classroom

Classroom



Google Classroom: For Students and Parents (4-minute video)

Classroom



Turning in Assignments

Classroom



Google Drive: Accessing/Organizing Your Files (6-minute video)

Drive



COMMUNITY RESOURCES



2021 Mobile Foodshare



Heating Assistance



COVID Resources



HARTFORD
PUBLIC SCHOOLS

Where the future is present.