

Hello Families,

It's your Parent Coordinator Ms. Pink. Welcome Back to the 2022-2023 School Year. I hope all is well with you and your family. I put together this resource packet for you with some Amazing resources. Scroll through the entire packet and take advantage of the youth opportunities to build your scholar's resume for college & beyond. Remember I'm just an email away. You can reach me at mpink@thewcs.org Mon

- Thurs 9am-2pm







OUR HEADS OF SCHOOL .



0

Mr. Bashir

Head of School



Ms. Jacobson

Head of Operations



CORE VALUES: P.R.I.D.E.



PERSEVERANCE

Consistently
strive toward
excellence. The
ability to work
diligently, be
patient, and never
give up. Even if
there are
problems, you
still continue. If
at first you don't
succeed try and
try again.



RESPECT

Respect for Self, Peers, Adults, Differences, and Property



INTEGRITY

Doing what you know is right to do even when no one is looking-honor and honesty in academic and social interactions.



DISCOVERY

Embrace the diversity of our community, look for ways to contribute positively to those around you, explore solutions and respond to challenges with innovation.



EMPATHY

Compassion for others. Considering the perspective of others.

Grade Team Contacts:

| Class of | Academy Leader | Academic Counselor | | | | | |
|----------|----------------------|-----------------------|--|--|--|--|--|
| 2026 | ahelliger@thewcs.org | ydorcely@thewcs.org | | | | | |
| 2025 | lcombs@thewcs.org | kbobe@thewcs.org | | | | | |
| 2024 | jmack@thewcs.org | rdelyon@thewcs.org | | | | | |
| 2023 | smartin@thewcs.org | orodriguez@thewcs.org | | | | | |

Covid Safety: covidconcerns@thewcs.org



Visit the WCHS Campus Store

Choose at WCHS Polo least one of tass these items



WCHS Long Sleeve Sweatshirt \$15

WCHS Long Sleeve Shirt \$10

WCHS Track Jacket \$95



Open Monday
Through Friday
at WCHS
Beginning
Thursday,
August 18
7:30 AM until
9:00 AM*
CASH ONLY!
NO RETURNS OR
EXCHANGES

*1:45pm-2:45pm on 8/24, 8/25, 8/26 during Summer Bridge

Uniforms

WCHS is a full uniform school

School polo or school long sleeve

School tacket or school sweater

Black parms Octubbs, leaens, stacks, skints, and shorts

Black, white, grey, or green those for any combinatio of these school colors)

No hats, bearies, bandarias, durags, or any headwes



Uniformes

WCHS es una escuela de uniforme completi

Politi escolar is manga larga escoli

Chaqueta escrilar o suèter escrita

Fantalones regros (caquis, jeans, partalones, faldes partalones cortos)

Zapatos negros, triancos, gris o verdes (o coalquier containación de estos colores escolares)

No se permiter sombreros, gorros, partuelos, durags qualquier accesorio para la cabeza.





Bell Schedule

| PERIOD | MON | Mins | TUE | Mins | WED | Mins | THU | Mins | FRI | Mins | |
|----------|----------|------|----------|------|----------|------|----------|------|----------|------|----------|
| BFAST/0 | 7:15 AM | 40 | |
| 1 | 8:00 AM | 45 | 8:00 AM | 45 | 8:00 AM | 35 | 8:00 AM | 45 | 8:00 AM | 45 | |
| 2 | 8:50 AM | 45 | 8:50 AM | 45 | 8:40 AM | 35 | 8:50 AM | 45 | 8:50 AM | 45 | |
| ADVISORY | 9:40 AM | 15 | 9:40 AM | 15 | 9:25 AM | 35 | 9:40 AM | 15 | 9:40 AM | 15 | |
| 3 | 10:00 AM | 45 | 10:00 AM | 45 | 10:05 AM | 35 | 10:00 AM | 45 | 10:00 AM | 45 | |
| 4 | 10:50 AM | 45 | 10:50 AM | 45 | 10:45 AM | 35 | 10:50 AM | 45 | 10:50 AM | 45 | > |
| 5 | 11:40 AM | 45 | 11:40 AM | 45 | 11:25 AM | 35 | 11:40 AM | 45 | 11:40 AM | 45 | ADVISORY |
| 6 | 12:30 PM | 45 | 12:30 PM | 45 | 12:05 PM | 35 | 12:30 PM | 45 | 12:30 PM | 45 | VISOR |
| 7 | 1:20 PM | 45 | 1:20 PM | 45 | 12:45 PM | 35 | 1:20 PM | 45 | 1:20 PM | 45 | A - |
| 8 | 2:10 PM | 45 | 2:10 PM | 45 | 1:25 PM | 35 | 2:10 PM | 45 | 2:10 PM | 45 | |
| 9 | 3:00 PM | 55 | 3:00 PM | 55 | | | 3:00 PM | 55 | 3:00 PM | 55 | |

Please arrive by 7:40AM for check in and bag check.

Clear Book Bags are recommended (not mandatory) for easier Bag Checking

MASK AND UNIFORM ARE MANDATORY EVERYDAY!

IMÁSCARA Y UNIFORME SON OBLIGATORIAS!

HOW NOT TO WEAR A FACE MASK



Do not wear your mask below your nose



Do not leave your chin exposed



Do not wear a mask that is loose or has gaps on the side



wear your mask such that it only covers the tip of your nose



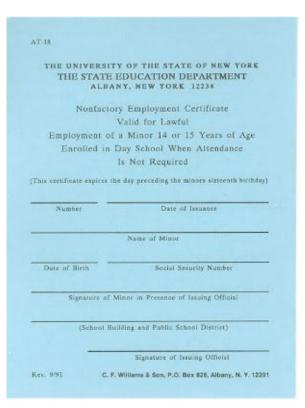
Do not push your mask on your neck



Wear your mask all the way up, close to the bridge of your nose, and all the way down under your chin. The mask should snug around your face without gaps. Do your best to tighten the loops.

WORKING PAPERS

Working papers are also known as Employment Certification.



Who needs working papers?

All students between 14 - 17 years of age must get an employment certificate in order to work.

How do I get working papers?

Contact Ms. Allison Witkowski via email at:

<u>awitkowski@thewcs.org</u> for further details.

Things to keep in mind:

You must have a current medical on file or go to the doctor to update form. You must complete a working paper form. You must sign for & pick up your working paper in person. Note: Some employers may phone your school to see if you are a student and have good attendance, especially during this virtual time of learning.



OVERVIEW FOR WORKING PAPERS

If you are aged 14-17 you will need an employment certificate, also called working papers, in order to hold a job in New York State.

This rule covers:

- High school graduates
- Minors who work for their parents
- Minors who do industrial homework

Working papers are divided into two age groups (14-15 and 16-17):

14-15-year-olds - Your working papers are blue. If you are 14 and 15 years old, you are issued these working papers because you are not allowed to work in a factory.

16-17-year-olds (in school) - Your working papers are green. The difference between 14-15 year old working papers and 16-17 year old working papers is that you are allowed to work in a factory. You cannot work around certain machines, do construction work, help on a motor vehicle, clean, oil, wipe, or adjust belts on machinery.

Hours You Can Work When in School



Age Maximum, Daily Work Hours, Maximum Weekly, Work Hours Maximum, Number Of Days Worked Per Week & Work Times

Ages 14-15

- 3 hours on school days
- 8 hours on non-school days (most likely Saturday and Sunday)

18 hours (max weekly hours) 6 days (max number of days worked per week) 7am to 7pm

Ages 16-17

- 4 hours on Monday-Thursday on school days
- 8 hours on Friday, Saturday, Sunday and Holidays

28 hours (max weekly hours) 6 days (max number of day worked per week) 6am to 10pm

Note: Scholars must work after school hours & MUST balance school and work life. Scholars of WCHS must attend school every day, complete all assignments, homework, study & pass All exams if they choose to obtain employment. Scholars must locate employment on their own.

When School is Not in Session



Age Maximum Daily Work Hours Maximum Weekly Work Hours Maximum Number Of Days Worked Per Week Work Times

Ages 14-15

- 8 hours daily, 40 hours weekly, 6 days per week
- 7am to 9pm (June 21 to Labor Day) hours to work between

Ages 16-17

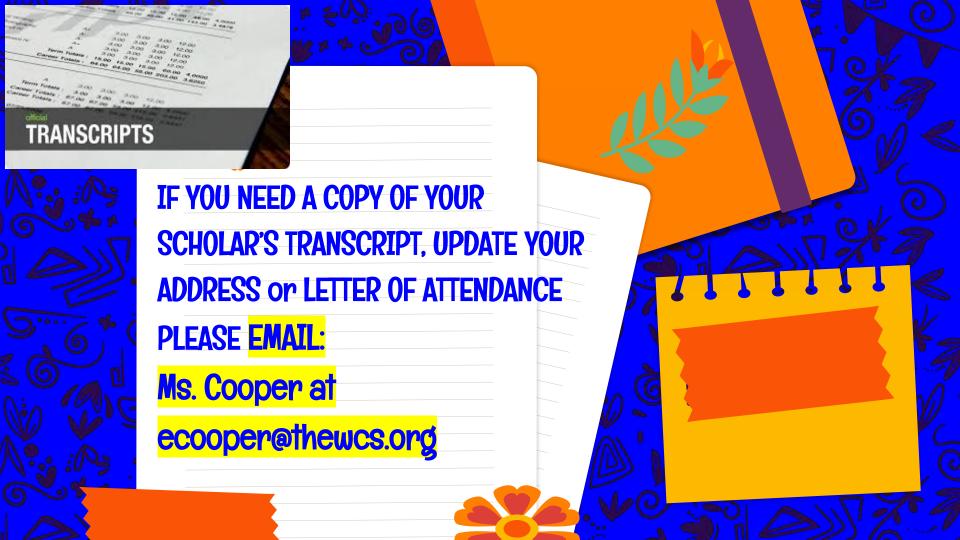
- 8 hours daily, 48 hours weekly, 6 days per week
- 6am to Midnight hours to work between

Visit this link for more details:

Youth Ages 14-17 | Department of Labor (ny.gov)

SPECIAL NOTE: Be careful with Social Media

What you post on social media does matter. Check your privacy settings to allow only certain people to see your posts. Some employers check social media profiles—so think before you post!





YOUTH OPPORTUNITIES

GET PAID \$1000 AS PART OF OUR CAREER DEVELOPMENT PROGRAM.

8 month program includes training, certifications and a paid internship, all at no cost to students.



- · 11th or 12th grade only
- · NO GPA requirement
- Must be interested in learning about Architecture, Construction, Engineering or Development (ACED)
- · Residents of New York City
- BIPOC students from underserved communities are highly encouraged to apply



YOUTH

YOUTHCONSTRUCT.ORG/STUDENT-APPLICATION





☑ info@youthconstruct.org





BELIEVE & INSPIRE IS HOSTING VIRTUAL AFTER-SCHOOL PROGRAMS

FALL 2022 PROGRAMS

FINANCIAL LITERACY 101

This program covers learning about budgeting, banking, credit, investing, financial stability, understanding your spending habits and much more!

Sept 21 - Nov 30 | Wednesdays | 4pm-5pm | Cost: Free

JOB READINESS

This program covers creating achievable career goals, writing a professional resume & cover letter, navigating the interview process, building confidence in communication skills, and more!

Sept 22 - Dec 1 | Thursdays | 4pm-5pm | Cost: Free

COLLEGE ADMISSIONS PREPARATION

This program covers navigating the admissions process and the Common App, applying for financial aid, understanding how to make your college essay stand out, completing two college essays, and more!

Sept 19 - Dec 12 | Mondays | 4pm-5pm | Cost: \$120

Details & Registration:

Ages: 15 - 19

More details: believeandinspire.org/programs Register: <u>believeandinspire.org/</u>registration Registration deadline: Sept 15



MHAP



MENTAL HEALTH AWARENESS PROJECT

Interested in Mental Health and being a Peer Advocate?

APPLY TO MHAP

The Mental Health Awareness Project (MHAP)
is recruiting young people from the ages of 16 to 24 for our next
cohort of Mental Health Peer Advocates.
This is a great opportunity to become an advocate and make
a change in your community.

LINK TO MHAP 2022 APPLICATION Can be found in our link tree in our bio





Application Deadline: September 26

YOUTH ADVOCACY CORPS

Internship Details



Location: Hybrid

Required Skills & Qualifications:

- Must be motivated and hard-working with a desire to make a difference in their community
- Must be comfortable with using technology and video conferencing platforms (ex. ZOOM, Google Classroom, etc.,).
- Must have access to an electronic device (ex. computer, laptop, tablet, etc.,) and have an adequate internet connection.
- Comfortable using public transportation and working in various locations throughout NYC.
- Must be committed to attending Saturday morning training (10:30 am - 1 pm) and have availability throughout the weekday, a minimum of 2 - 5 hours is recommended.



HAVE ANY QUESTIONS?

SEND US A MESSAGE



@advocacycorps

OR EMAIL



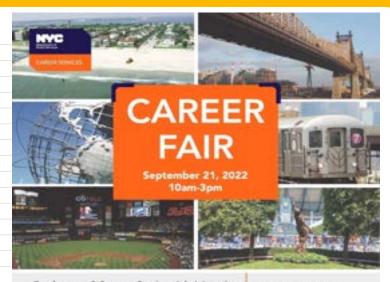
info@advocacycorps.org











Employment & Support Services Administration (ESSA) in Collaboration with Queens Borough President Donovan Richards

Queens Borough Hall Helen Marshall Cultural Center / Lower-Level Atrium 120-55 Queens Blvd, Queens, NY 11424



Pre-register to attend by scanning the GR Code or sending on amail to:





Positions Available Include and are not limited to the following: Housing Specialist

- · Employment Coach
- · Receptionist.
- Social Worker
- MTA Police Officer
- Counselor
- . Outreach Crisis Coordinator
- · Transit Electrical Helper
- Clinical Psychologist and many more!



TELECOMMUNICATIONS & COPPER CABLING **CERTIFICATION CLASS**

BROOKLYN NAVY YARD STEAM CENTER

FALL CLASSES BEGINS SEPTEMBER 12TH!

6 WEEK COURSE

SATURDAYS 9:00AM - 2:00PM

APPOINTMENT REQUIRED FOR REGISTRATION

CONTACT

718-384-5028 TEXT 'CABLE' to 917-612-7831 SCHOOL7ADULTED@GMAIL.COM





MEDICAL ASSISTANT TRAINING

(CERTIFICATION NOT INCLUDED)

FREE

MUST BE 21 YEARS AND OVER

CLARA BARTON HIGH SCHOOL

901 CLASSON AVE, BROOKLYN NY 11225

CLASS WILL BE HELD ON

MONDAYS & WEDNESDAYS 5:00PM - 8:00PM

CALL FOR REGISTRATION APPOINMENT:

> 718-384-5028 TEXT 'MED' to

917-612-7831

EMAIL:

OACES7@SCHOOLS.NYC.GOV



CLASS STARTS SEPTEMBER 12TH !

@ faadultedschool7

BROOKLYN



FREE Woodworking training:

- · OSHA 30 Certification
- SST 10 Certification
- Learn machinery, power θ hand tools
- Job Placement Assistance

Email to register for our Weekly Informational Sessions Held EVERY Wednesday at 10 am via Zoom





https://bwiny.org/breeklyn woods/overview/









REP. YVETTE D. CLARKE

REP. HAKEEM JEFFRIES REP. NYDIA M. VI

SAVE THE DATE! SATURDAY, SEPTEMBER 17, 2022

BROOKLYN CONGRESSIONAL CAREER FAIR



SATURDAY, SEPTEMBER 17, 2022 10:00 AM - 2:00 PM

RSVP & REGISTER HTTPS://TINYURL.COM/BKCAREERFAIR2022

NYC CITY COLLEGE OF TECHNOLOGY GYMNASIUM 285 JAY STREET

285 JAY STREET BROOKLYN, NY 11201

BRING A RESUME (few copies) & BE PREPARED TO INTERVIEW





Recruiting Now!



Academic Programs

- College Preparation
- · English for Speakers of Other Languages
- High School Equivalency

Short term training:

- OSHA 30 Construction and Site Safety Training
- Security Guard Training

All in-person classes and activities require vaccination

Career Programs

- Direct Support Professional*
- Medical Assisting*
- Medical Billing and Coding
- Office Administrative Professional w/ Microsoft Office
- Patient Care Technician
- Tourism and Hospitality

*Includes in-person instruction

Most programs offered online Confrient to observe it

SUNY BROOKLYN EDUCATIONAL OPPORTUNITY CENTER (BEOC) 111 Livingston Street Brooklyn, NY 11201

for application & eligibility requirements visit: www.sunybeoc.org

For more into: 716-802-3344 or adminstern@beoc.curv.edu

Administrated by New York City College of Technology



FLATBUSH BEACON AFTER SCHOOL PROGRAM

APPLICATION DISTRIBUTION

(BRING A PHOTOCOPY OF THE FOLLOWING REQUIRED DOCUMENTS): PROOF OF ADDRESS, 2. PHOTO OF CHILD, 3. BIRTH CERTIFICATE, 4. LAST REPORT CARD

GRADES SERVED: 1 - 12 ONLY

HOMEWORK HELP • EXTRACURRICULAR SPORTS & RECREATION ACTIVITIES - STEM - LEADERSHIP -

SATURDAY PROGRAMS AND MORE ...

PIRST SERVEDII THURSDAY SEPTEMBER 8TH & 9TH 2022

PROGRAM SITE:

PARKSIDE PREPARATORY ACADEMY

655 Parkside Avenue, Brooklyn NY 11226

MORE INFORMATION EMAIL:

 jhudson@mec.cuny.edu - Director · cmcneil@mec.cuny.edu - Assistant Director

FIRST COME.

dburke@mec.cuny.edu - Outreach Coordinator

DAYS OF OPERATION:

MANDATORY

ORIENTATION

EVERY FRIDAY 9/14 - 10/7 6:30PM

MON - THURS 2:30PM - 6PM FRI 2:30PH - 5:30PH TO SAT 10AH - SPH"



Deacon MEDGAR EVERS IS NY



CUNY FATHERHOOD ACADEMY KINGSBOROUGH COMMUNITY COLLEGE

APPLY NOW FALL 2022 FREE GED PREP PROGRAM

A free 15-week program that helps young fathers work towards their High School Diplomers (GED) while working on their personal development.

ELIGIBILITY

- Ages 18-30
- · Father or expectant father
- NYC resident
- · Willing to comply with CUNY vaccine policies

WHAT WE OFFER



Prep for the GED Exam: Earn a High School Equivalency Diploma while focusing on academic and personal success



Financial Assistance: \$1750 Stipends and incentives.



Job Readiness and Employment Assistance: Explore careers and receive assistance with employment resources



Parenting Workshops: Gain valuable information on your rights and responsibilities as a father, learn about parenting, health, and financial literacy

REGISTER NOW!

718 368 6764 CUNYFatherhoodAcademyKCC@email.com www.tinyurl.com/cury/atherboodsignup





REGISTER TO TAKE **EXAM** #3300 CORRECTION OFFICER

APPLICATION PERIOD SEPTEMBER 7TH - 27TH | TESTING STARTS NOVEMBER 2022

THE APPLICATION FEE IS WATVED FOR THIS EXAM

Visit nyc.gov/jointheboldest for more information



EMB THE 10TH ANNIVERSARY CONTINUED



REVEREND DOCTOR ALFONSO WYATT MAYOR



BLACKMENSBRUNCH.ORG

MAJOR OWEN'S HEALTH AND WELLNESS CENTER ----





1561 BEDFORD AVE. BKLYN. NY 11225 🖼 🖦 🗠 THE





NYC's African Heritage Celebration and Festival

Saturday, September 17, 2022 10:00am - 5:00pm

Lou Gehrig Plaza Grand Concourse & East 161 St. The Bronx, NY 10451 3 161 St. & Walton Ave.)

Please RSVP at bit.ly/africancelebration

To request an assistive listening device, interpretation, or another accommodation, please email Christelle Onwu at conwu@cchr.nyc.gov by September 12.

The 5th Annual African Heritage interagency collaborative event for people of African descent brings together this diverse community to celebrate its experiences and culture

Are you a person with a disability who likes working with computers?

Know someone who is?

Check out ICD's free technology training programs!

CISCO



- Certification: Cisco Certified Network Associate (CCNA)
- . Time Commitment: 6 months
- Core Skills: Network and Security Fundamentals; Network Access; IP Connectivity; IP Services; Automation; and Programmability





- Certification: A+
- . Time Commitment: 5 months
- Core Skills: Hardware, Software, and Network Troubleshooting: Virtualization and Cloud Computing: Operating System; Security; Mobile Devices; and Operational Procedures

Contact us to learn more and apply for your free training:







(212) 585-6000



info@lcdnyc.org



123 William Street 5th Floor New York, NY 10038



212-RECRUIT NYPDRECRUIT.COM

POLICE OFFICER EXAM



REGISTRATION PERIOD: AUGUST 10, 2022 - SEPTEMBER 30, 2022

Starting Salary: \$42,500 Salary After 5 ½ Years: \$85,292

Exam is Free of Charge Register early to secure a seat @ nyc.gov/oasys

For more information, visit NYPDRECRUIT.COM, call us at 212-RECRUIT, or scan QR Code with your smart phone:





NYPORECRUIT

WWW in an English Proposition in Employee

Open Position

GROWNYC IS HIRING!

Seasonal Farmstand Site Staff

https://bit.ly/3y9Mjo7

Open Position

GROWNYC IS HIRING!

Administrative Coordinator, Compost Program

https://bit.ly/3AOwQN2

GROW

GROW

Open Position

GROWNYC IS HIRING!

Sales Account Specialist

https://bit.ly/3ApFFel



Open Position

GROWNYC IS HIRING!

Seasonal Fresh Food Box Site Staff - Sunset Park

https://bit.ly/3Cza0Kw



GROW







WE ARE HIRING!

The office of Congressman Adriano Espaillat is currently looking to fill a job vacancy for the following position:

IMMIGRATION CASEWORKER

- Full-time position in New York office
- Responsible for handling local immigration cases, providing constituent assistance, answering related correspondence
- · Fluent English and Spanish required
- · NYC ties are a plus
- · Prior immigration casework or immigration service experience required.

APPLY NOW

Send your resume to:

Espaillat_Jobs@mail.house.gov subject line: "Immigration Caseworker"

ESPAILLAT HOUSE GOV

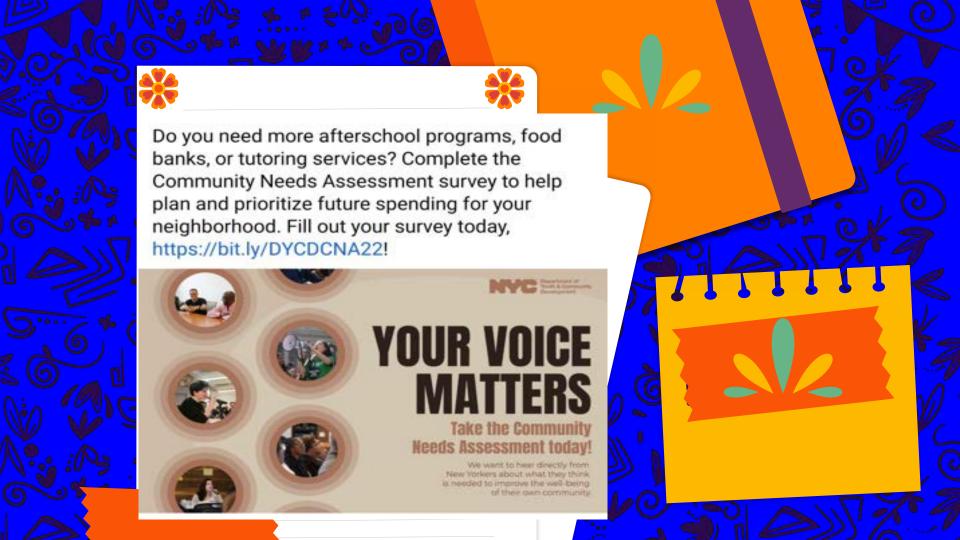


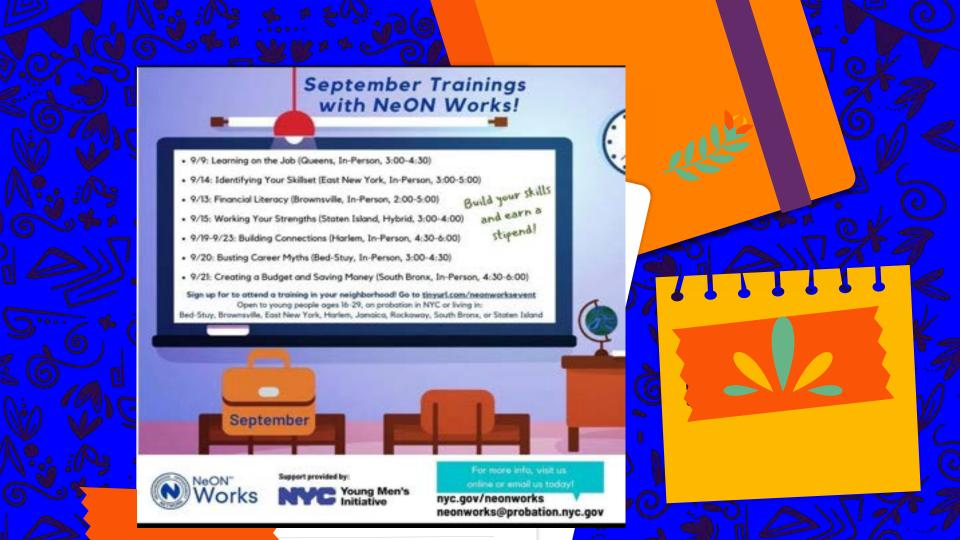
Submit your contact information: https://tinyurl.com/bderdwfm Full job posting: www.majorityleader.gov/jobs/2282















Learn English with We Speak NYC.

- Practice speaking English for free
- Get to know your community
- Build confidence
- Learn about City services and resources

Get started at nyc.gov/WeSpeakNYC



跟 We Speak NYC

學英語.

- 免費練習說英語
- 了解您的社區
- 建立自信
- 了解城市服務和資源

訪問 nyc.gov/WeSpeakNYC 了解詳情





- · Practica la conversación en inglés
- Conoce tu comunidad
- Habla con más confianza
- Obtén más información sobre los recursos de la ciudad

Comienza aqui: nyc.gov/WeSpeakNYC





BACK TO SCHOUL GIVEAWAYS









TOGETHER

for Mental Health

#Together4MH

Warning Signs for Suicide

SWIPE TO LEARN MORE

Warning Signs

- · Increased alcohol and drug use
- · Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

....

About Warning Signs

Comments or thoughts about suicide – also known as suicidal ideation – can begin small like "I wish I wasn't here" or "nothing matters." But over time, they can become more explicit and dangerous.

Knowing the risk factors and warning signs can assist you in finding help for yourself, a loved one or a friend.

See nami.org/suicideprevention for more information.

Is There Immediate Danger?

Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 911:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

If you're in crisis, call or text the 988 Suicide and Crisis Lifeline, available 24/7, at

988

and for information, support or to learn about the NAMI HelpLine visit:

nami.org/help

TOGETHER



for Mental Health

#Together4MH

If you or someone you know need help, contact NAMI HelpLine

> Mon. – Fri. from 10 a.m. – 10 p.m. ET

- Call: 1-800-950-NAMI (6264)
- Text: "HelpLine" to 62640
- Chat: nami.org/help

nami.org/suicidepreventionmonth

nami.org/suicidepreventionmonth





Model behavior you'd like them to replicate.

When an anxious child has a tough moment it's normal to feel frustrated. Try to model the calm behavior you would like to see. Slow, deep breaths. Step away. Grounding techniques.

Develop an anxiety plan.

Regardless of the severity of your child's anxiety, we recommend having an anxiety plan in place. In an ideal world, this will involve the parent child, and the child's teacher.

Avoid over-scheduling your child.

Kids with anxiety, need adjustment time to settle into their new routine and establish coping strategies for their arvious thoughts during the transition.

Seek professional help.

When arreiety is impairing your child's ability to function, it may be time to seek out a mental health professional.









We partner with families to provide:



- Individual Counseling
- Family Counseling
- Social Emotional Skill Building

Services can take place at home, at school, during after-school, or on Zoom



Contact us to learn more

(212) 453-4503

ft@universitysettlement.org



Stay informed about monkeypox: learn about common symptoms, what typical monkeypox rashes look like, and how it spreads so you can protect yourself and your community. Our website is always updated with the latest information in New York State: health.ny.gov/monkeypox

What does monkeypox look like?









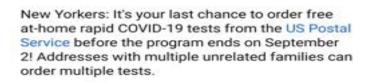
health.ny.gov/monkeypox





- Do you have COVID-19 symptoms? Get tested at one of NYC's new mobile clinics. If you test positive and are eligible, you can get free treatment on-site. No ID or health insurance is required.
- Find a location near you:
 https://on.nyc.gov/3uGWkIE

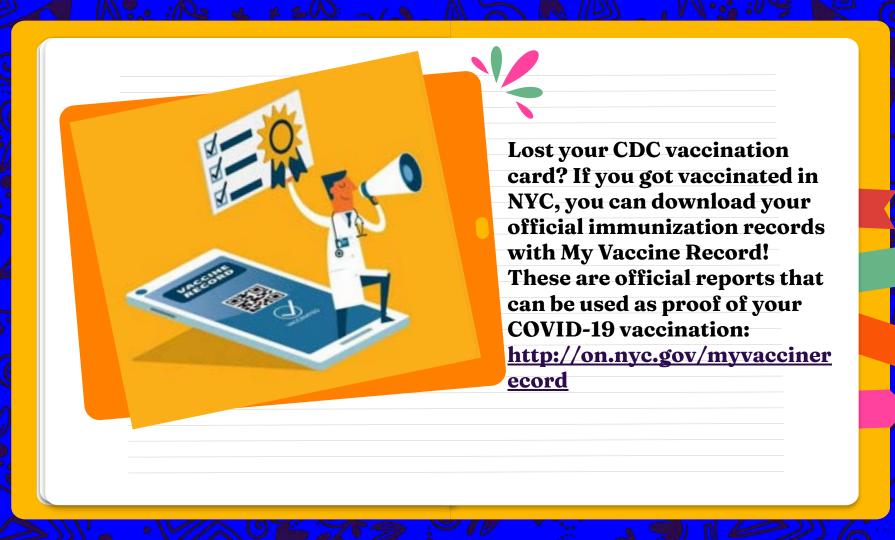




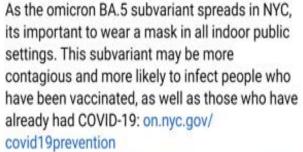
Place an order: on.nyc.gov/3KPPlhM







Exciting news! NAMI is introducing the option of text messaging our HelpLine in your state. Now you can text HELPLINENY to 62640 to connect M-F 10am to 10pm ET with a trained volunteer specialist for information and support. Have a mental health related question? Text us today!









There is NO CURE for food allergies yet.



The social impact of food allergies on families:



9 out of 10

avoid certain restaurants



8 out of 10

change family traditions



5 out of 10

skip important school functions



4.5 out of 10

avoid airline travel (due to food allergy)



kidswithfoodallergies.org

Sturra My Life With Facul Milegian Surray, April 2018



kidswithfoodallergies.org







If your child is nervous about the return to school, engage them in a discussion about what is worrying them. Only after that and fully validating their feelings, you might ask them to consider the bright side about returning to school.

@mentalhealthcoalition

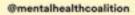


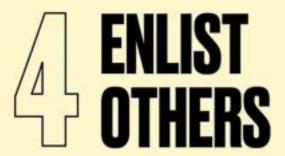


Engage in a collaborative process with your child around managing the stress of going back. Ask them what they think would be helpful to address their fears/discomforts.

GET CREATIVE

Consider other ways of creating a supportive environment when addressing back-to-school stress. Depending on the age of your child, writing, drawing, using clay, or using action figures to express feelings could be less intimidating than just talking.





If your child is having a tough time, reach out to their teacher or support people in their school so they can get further help. Explain to your child why you're doing this so it doesn't surprise them. Also consider reaching out to a mental health clinician to work with your child if they're having trouble functioning or their difficulties don't improve after a couple of weeks.

@mentalhealthcoalition



Run through with your child how the days will look and the details of their schedule. Do this in a fun way, perhaps with drawing, stickers, etc.



Plan an after-school or weekend activity during the first week of school that your child can look ahead to with excitement. This will make the back-to-school adjustment not feel like the only thing in their life right now.

@mentalhealthcoalition

RESOURCES & FURTHER READING

Child Mind Institute

On Our Sleeves

Anxiety and Depression Association of America (ADAA)

The Trevor Project

The Steve Fund

Bring Change to Mind

Mental Health America

The Jed Foundation

AFSP



Section 504 protects individuals
with disabilities from
discrimination. Section 504
ensures that children with
disabilities have equal access to an
education.

If the child has a disability that adversely affects educational performance, the child is eligible for special education services under IDEA

NYC ----

If you or your child is in school and have a disability with no accommodations, contact your school about setting up a 504 plan with the accommodations that you need!





THINGS TEENAGERS LOVE

(EVEN THOUGH THEY'D NEVER ADMIT IT)

When we welcome their friends

Snacks, so many snacks

When life isn't so serious

Small surprises

Being their biggest cheerleader



Acceptance of who they are

Our undivided attention

When we don't freak out

> Respecting their need for space

BALANCING SCREEN TIME

Advice for Parents

Not all screen time is created equal. Filming a family TikTok? Great. Endless solo social media scrolling? Not so much.

Talk to kids about their device use in a positive, non-confrontational way. What's their favorite app or game? What are the best/ worst things about it?

Think about your own screen time.

Do you use tech to unwind before bed? Do you check texts during family time? Kids often learn more from what we do than what we say.

Make family rules about device use. Smart times to ban devices: short car trips, during meals, an hour before bed.

> Strict time limits around tech usually don't work. Relaxed, open conversations about tech-life balance are key.

Parental controls are fine, but talk to your kids about them and revisit the settings every 6-12 months as they grow and mature.







Creamy Pumpkin Hummus

GO TO THIS LINK FOR THE

RECIPE: Creamy Pumpkin

Hummus Recipe: How to Make

It (tasteofhome.com)



Banana Bread GO TO THIS

LINK FOR

THE

RECIPE: Banana

<u>Bread Recipe -</u>

BettyCrocker.com

Chef John's Pumpkin Pancakes



This basic pancake recipe turns into a delicious holiday breakfast simply by adding pumpkin and some fall spices!

Recipe by **Chef John**

GO TO THIS LINK FOR THE RECIPE:

Chef John's Pumpkin Pancakes | Allrecipes

Creamed Spinach-Stuffed Salmon will be your new fave weeknight dinner, Full recipe: http://dlsh.it/EAIUD2c



Air Fryer Chili-Spiced Chickpeas are the most fun crunchy snack. Full recipe: http://dlsh.it/dAsvTGp



Why is shrimp salad so perfect?! Full recipe: http://dlsh.it/RGOBII6

1. : (A) x 2(A): - (A) - (A)



It just might be the prettiest salad ever. Full recipe: http://dlsh.it/ga0PsH6



Banana Pudding + Cheesecake = BEST. DESSERT. EVER. String Full recipe: http://dlsh.it/XcfpMEc





Instant Pot Vanilla Bean Rice Pudding
BY: LISA CHILDS VISIT THIS LINK FOR RECIPE:

<u>Instant Pot Vanilla Bean Rice Pudding | DEMO VIDEO</u> (triedtestedandtrue.com)



LOOKING FOR PARENT LEADERSHIP

COUNCIL MEMBERS!



- PLC VICE- PRESIDENT
- PLC FUNDRAISER
- -PLC PARENT VOLUNTEERS



cholary at the High chool Level. Join Us & Make a Difference!

FOR MORE INFORMATION EMAIL MS. PINK AT mpink@thewcs.org





iBUSCAMOS MIEMBROS PARA EL

CONSEJO DE LIDERAZGO!

¿QUÉ PUESTOS ESTÁN ABIERTOS?





PARA MÁS INFORMACIÓN MANDE UN EMAIL A mpink@thewcs.org



