

YCS George Washington School Newsletter



**Youth
Consultation
Service**

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November 2020

Volume 1, Issue 1

Special points of interest:

**November 25, 2020
School Wide Virtual
Harvest Feast Sing
Along. Please join zoom
meeting
<https://zoom.us/j/6129323810>**



**Welcome
to the first edition of the
YCS George
Washington School month-
ly Newsletter.
We hope the information is
helpful and informative!
Ms. Ruth Ann Hunt
Principal**

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Tender Teaching Tips: Social Emotional Learning

Encouraging a child's uniqueness, creativity and greatness begins with teaching empathy and kindness.

How to foster empathy and kindness at home:

-Random Acts of Kindness: Teach kids the impact of being kind to others. Doing for others without expecting things in return; A small

random act of kindness can impact someone else in a positive way while making the world a better place. Enjoy the video below which inspires all to be mindful of the ways their random acts of kindness can change their very own communities.

"Color your World With Kindness":

<https://www.youtube.com/watch?v=rwleE8yyYOU>

-Empathy through mindfulness: Teach kids to be mindful of others and of others interests. Teach them to refrain from passing judgments and criticizing a person or a situation. The best way to teach empathy through mindfulness is to model it. Demonstrate empathy for others, role play using a variety of scenarios, demonstrate self care and be mindful of different ways to cope or manage.

For more tips and resources on kindness and empathy go to:

<https://www.pbs.org/parents/empathy>

Empathy

By, Annabelle Gonzalez

is feeling or understanding what someone else is feeling.



Kindness is empathy in action!

Nurse Jona's Corner

**To your health
Did you
know.....**



Diabetes is a leading cause of death in the US and November is diabetes awareness month. Here are a few tips on what can we do to prevent Type 2

Diabetes? Eating healthy and monitoring your weight by staying active are two of the most important components to preventing Diabetes.

It is especially important now, as many people are relying on telemedicine as opposed to a routine doctor's visit. We tend to mindlessly eat due to

anxiety, boredom, or fear. Eating healthy is very essential to our wellbeing. It's not okay to skip that wellness visit due to COVID-19 (she didn't go she's afraid too). Please, call the doctor! Make that appointment. Stay safe and be healthy.

Speech Therapy

Speech-language therapy is a specialized discipline offered at the YCS George Washington School. Games and fun activities are used in individual sessions to improve different aspects of communication, language and literacy. Group speech sessions focus on improving social skills such as initiating and remaining on topic during conversations and figurative language such as idioms. Ms. Lauren's speech stars have transformed into superheroes during virtual learning so let's practice one of our favorite idioms speech and "give yourselves a hand".



Please Check out the George Washington School Website at:

ycsgws.org

For updates and important information.



I AM ME, AND I'M SPECIAL

VERSE 1

**I AM ME, AND I'M SPECIAL, THERE'S
NO ONE ELSE JUST LIKE ME!
I AM ME, AND I'M SPECIAL, JUST TAKE
A LOOK AND YOU CAN SEE!!
I'M ABOUT THIS TALL AND I'VE GOT
THIS SKIN,
JUST THE RIGHT SIZE FOR ME TO
GROW UP IN,
I AM ME, AND I'M SPECIAL. THERE'S
NO ONE ELSE JUST LIKE ME!!!**

VERSE 2

**I AM ME, AND I'M SPECIAL, THERE'S
NO ONE ELSE JUST LIKE ME!!
I AM ME, AND I'M SPECIAL, JUST TAKE
A LOOK AND YOU CAN SEE!!
I'VE GOT THIS GREAT BIG SMILE AND I
LIKE TO LAUGH,
I DON'T EVEN MIND IT WHEN I TAKE A
BATH,
I AM ME, AND I'M SPECIAL, THERE'S
NO ONE ELSE JUST LIKE ME,,,, NO ONE
ELSE JUST LIKE ME!!!!!!!!!!!!**

Clinician's Corner

Nurtured Heart



We are thrilled to have a corner in the YCS GWS Newsletter! We are hoping that you have gotten the opportunity to "meet your child's School Social Worker" on our Back to School Flip Grid. Although it does not take the place of seeing you all in person, we at least wanted to share who we are and what we were looking forward to this school year.

As you all know, the Social Workers at the YCS GWS are always available to assist you or your child. Although your child has spent much of their time distance learning this school year, there has been no decrease in availability of the School Social Workers. They continue to provide counseling and case management. Moreover, we have also begun our **CORE Parent and Guardian Group** which is scheduled to meet on days school is open on the below schedule;

2nd and 4th Wednesday at 4pm

2nd and 4th Thursday at 11am

We'll keep this schedule through the end of Phase 2 and listen to you all about what the needs are to determine if the schedule will change beginning January 2021. Also, don't forget that each time you attend the CORE Parent and Guardian Group you enter into our monthly raffle with **A CHANCE TO WIN A \$20 GIFT CARD!** It has been great to hear from our parents and guardians about requests and needs. One was availability to resources in New Jersey. Below are some great phone numbers and websites that provide a range of assistance. If you are interested, have specific request or need any help navigating these resources, please reach out to your child's Social Worker. We hope this is helpful!

NJparentlink.nj.gov—Behavioral health, Family support services, Covid & other health information, etc.

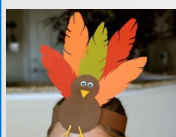
Dial 2-1-1 for your phone or visit **NJ211.org**—available assistance to NJ residents with things such as housing, food, financial, addiction & health services, etc.

KidsguideNJ.com—Information on activities and things to do with your children which include outdoor activities and historic sites.

Dial 877-652-7624 from your phone or visit **Performcarenj.org**—Perform Care is considered "New Jersey's System of Care." This means that they are the hub for all resources for children and families in NJ—they offer behavioral health services, respite, substance use treatment, etc. You can call them 24 hours a day/7 days a week if you or child are in need of assistance.

ART

Teaching Art virtually is a bit of challenge. I give my students a pat on the back for learning by looking at a screen instead of hands on activities. They learned by watching and drawing at the same time. So to make it more interesting, I did the same activity with them to encourage and inspire them to finish the activity. Here is a picture of the most recent activities we did.



Happy

Harvest

