



Wellness Wheelhouse

VOL. 1

What's New?!

Our district has adopted the RULER approach. The Connetquot faculty and staff district-wide are learning how RULER can help us to manage and regulate our emotions. Phase 1 & 2 of implementation is underway, Phase 3 student/family implementation will begin during the 2022-2023 school year.

What's RULER?

RULER is a systematic approach to Social-Emotional Learning SEL developed at Yale's Center for Emotional Intelligence. RULER's mission is to use the power of emotions to create a healthier, more equitable, innovative, and compassionate society. Founder, Dr. Marc Brackett, presented *Permission to Feel* at Superintendent's Conference Day to all faculty/staff. Together we can help create learning environments that support the social and emotional well-being of our school community.

- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively

District Events



A very successful virtual presentation of...

Screenagers: Growing up in the Digital Age

The award-winning film that probes into the vulnerable corners of family life and the messy struggles over social media, video games and academics. The film offered solutions on how to help youth navigate the digital world safely.

Officer Fernandez, SCPD presented Internet Safety to all 4th and 5th grade student during DASA week.

Addiction specialist, Dr. Stephen L. Dewey hosted a virtual discussion for parents to explain the impact of various substances on the structure and functions of the adolescent brain. Student presentations for all 8th graders are scheduled for 5/4/22.

Youth Enrichment Services YES students grades K-5 participated in a 10-week virtual lesson series *Too Good for Drugs*.

New York Project Hope partnered with the District's Mental Health Advisory Committee to offer a 6-week virtual series for all K-12 parents/guardians which offered an opportunity to discuss the challenges associated with parenting.

School Happenings

On Friday, 02..11.22 OBMS, RMS and CHS participated in

P.S. I love You Day

and wore purple to promote kindness and bring attention to suicide awareness.

D.A.S.A Week 2/14-2/18 2022

The district-wide initiative included several engaging activities designed to promote acceptance, kindness and unity. Northwell Health provided education on bystander awareness for Elementary students.

John Hailigan presented *Ryan's Story* to grades 6-12 to provide education and prevention on bullying, cyber bullying and suicide. Mr. Halligan spoke with parents virtually for an evening presentation which shared his powerful and important message.

Mental Health Awareness and Suicide Prevention:

The Social Workers and Psychologists at CHS presented across all grade levels to introduce their services and how to access mental health support in the building. The presentations also explained how to help someone experiencing emotional distress and provided resources.





April is National Child Abuse Prevention Month

Child abuse or neglect impacts nearly 1 in 7 children in the U.S. each year. Statistics show that child abuse/neglect in New York is at a rate much higher than in most other States.

KNOW THE FACTS

- Neglect is the most common form of child abuse
- Children experience child abuse/neglect at equal rates, regardless of gender
- Children who experience any form of violence are 13% more likely to drop out of school
- Children who experience child abuse are more likely to experience mental health difficulties and substance abuse in adulthood

For 24/7 crisis support, contact the crisis text line by texting "crisis" to 741-741 or contact the National Child Abuse Hotline at 1-800-422-4453

Connetquot HS Holds Inaugural Wellness Day



CHS hosted a very successful Wellness Day! The goal of the program was to promote wellness to our students, faculty and staff through education on the mind, body, spirit and nutrition promoted by activities within our community. Over 24 vendors from the local community participated. Elementary and Middle Schools will be hosting their Wellness Day, dates are forthcoming.

Meet the Staff

contact the front office of your child's building to be connected

School Counselors

OBMS

Mrs. Coffin
Mrs. Harned
Mrs. Zabbia

RMS

Ms. Carlino
Ms. Justino
Mrs. DiMaio

CHS

Ms. Albert
Mr. Buderman
Mr. Clark
Ms. Jaquez
Mr. Quiroz
Ms. Turner
Ms. Ulrich

Social Worker

Bosti

Mr. McGuckin

Cherokee

Mr. LeWinter
Mrs. Passero

Duffield

Ms. Palazzolo
Mrs. Pisani

Idle Hour

Mrs. McNally

John Pearl

Ms. Fuller

Slocum

Ms. Desz

Sycamore

Mrs. Michelsen
Ms. Palazzolo

OBMS

Ms. Folbert

RMS

Mrs. Nofi

CHS

Mrs. Coogan
Mrs. Malinowski
Mrs. McAlpine
Mrs. Monahan

District-Wide

Ms. DeLisa

Psychologist

Bosti

Dr. Guillem
Ms. Handler

Cherokee

Ms. Calabrese
Ms. Gondre

Duffield

Dr. Ramonetti

Idle Hour

Dr. Steblai

John Pearl

Dr. Fahey

Slocum

Dr. Guillem

Sycamore

Dr. Pope
Dr. Steblai

OBMS

Dr. Moreland
Mrs. Wickers

RMS

Ms. Ames
Ms. McDonald

CHS

Dr. Hammel
Ms. Huguenin
Dr. Lindell
Dr. Violis
Dr. Razov

Director of Pupil Personnel

Services

Gail E. Santo

Interim Director of Pupil

Personnel Services

Joanne Pisani

Director of Special Education

Laurie O'Hara

Director of Guidance

Jessica Yawney-Kohler

5 MINUTES OR LESS TO
RELIEVE STRESS



Sing along to your favorite song

Hug a stuffed animal

Smile at 5 people

Do 10 jumping jacks

Make your bed

View a picture from a fun event

Write a poem

Visit the CHS Mindfulness Room