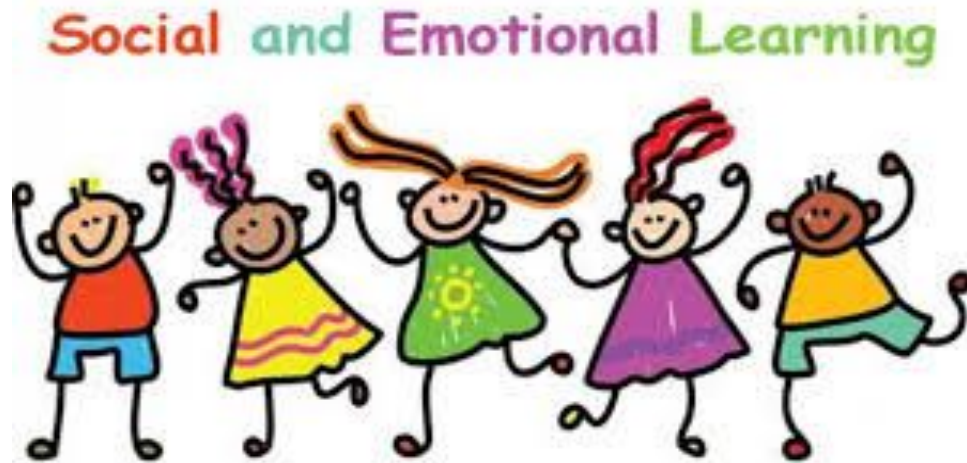


**Brooke Gorey**  
**Elementary Guidance Counselor**

[bgorey@hicksvillepublicschools.org](mailto:bgorey@hicksvillepublicschools.org)



The goal of the elementary guidance program is to incorporate social-emotional learning, mindfulness and teach coping skills.



**This program creates a supportive forum for students to talk about feelings, express concern, share ideas, and problem solve.**



**All students in school in grades K-5 will receive guidance lessons in their classroom.**



**All remote students K-5 will receive a remote guidance lesson and a link to visit my website, where they can explore resources.**

**These resources include mindfulness videos, social-emotional activities and helpful websites.**



**The elementary guidance program provides education, prevention and early intervention. This will help our students achieve academic success and develop social-emotional skills in response to the various issues they are facing at this time.**

**The Olweus program will be incorporated into the guidance lessons. The Olweus program is designed to improve peer relations and make school a more positive place for students to learn and develop.**

**Guidance lessons are created to align with our districts social-emotional learning themes for each month.**



# Social-Emotional Learning Themes

September-Community

April-Resilience

October-Kindness

May-Respect

November-Gratitude/Bully Prevention

June-Perseverance

December-Empathy

January-Acceptance

February-Self-Awareness

March-Integrity



# Elementary Guidance Lesson

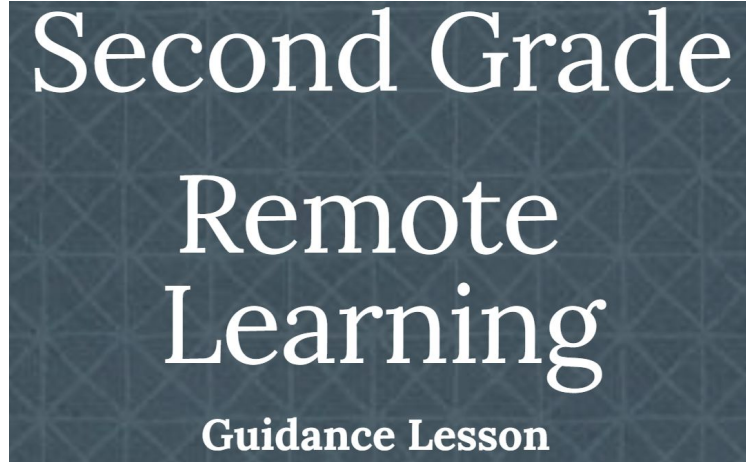
I will present a first grade classroom lesson



[https://docs.google.com/presentation/d/1TqL2Cmlk3vaXUOuIqmOo0KJT257ksW-IHyNqCKSGUn0/edit#slide=id.g6e172f0599\\_0\\_5](https://docs.google.com/presentation/d/1TqL2Cmlk3vaXUOuIqmOo0KJT257ksW-IHyNqCKSGUn0/edit#slide=id.g6e172f0599_0_5)

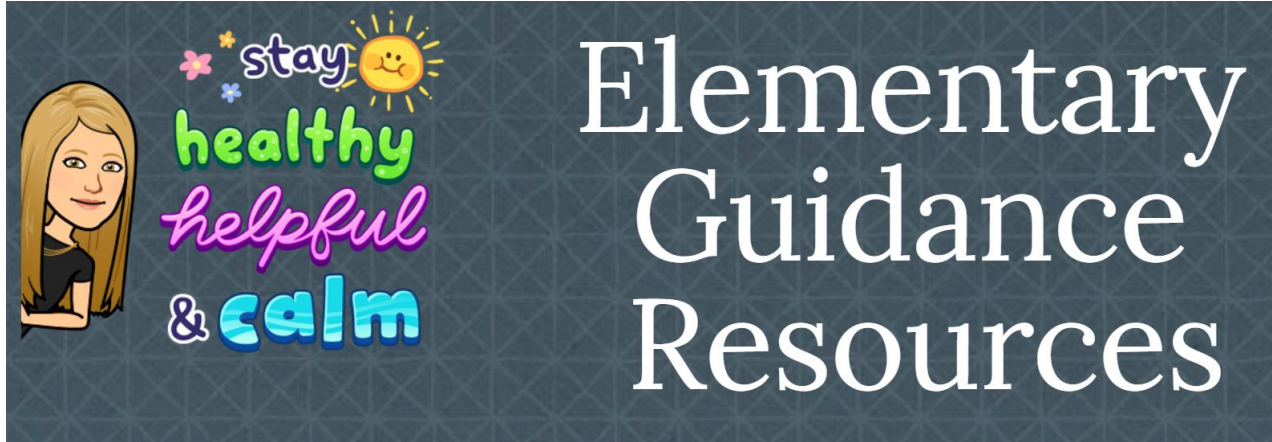
# Elementary Guidance Lesson

I will present a second grade remote lesson



<https://sites.google.com/hicksvillepublicschools.org/hpselemguidance/remote-learning/second-grade-remote-learning?authuser=1>

# Elementary Guidance Resources



<https://sites.google.com/hicksvillepublicschools.org/hpselemguidance/resources?authuser=1>

# Mindfulness Video

Parents can view and practice mindfulness techniques with their children using the elementary guidance resources.

I would like to share this mindfulness video that can be found in my guidance resources



*From Mindless to Mindful - GoNoodle*

Practice being mindful and letting your attention rest on just this moment.

<https://family.gonoodle.com/activities/from-mindless-to-mindful>



**Please email me anytime with  
any concerns or questions.**

**My email address is**

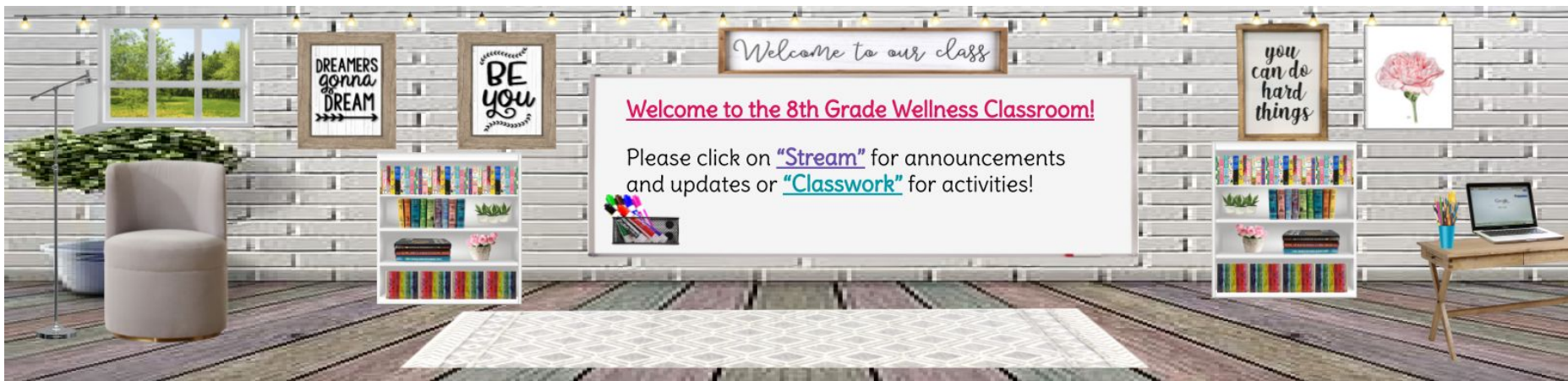
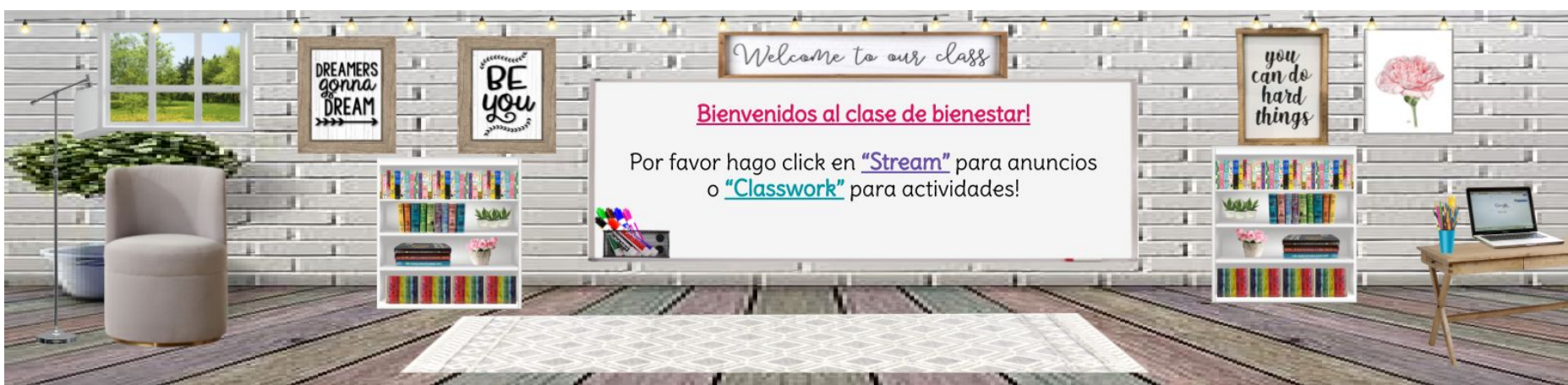
**[bgorey@hicksvillepublicschools.org](mailto:bgorey@hicksvillepublicschools.org)**

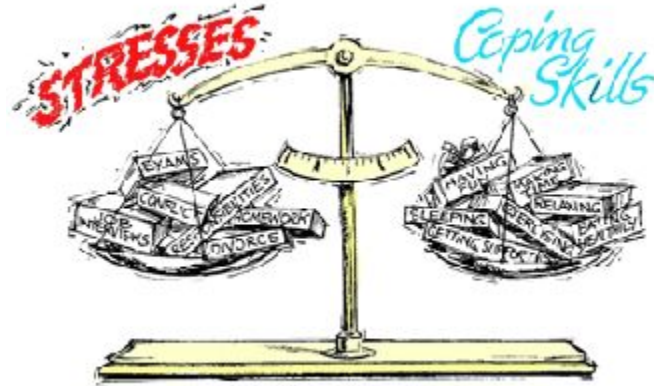
## What have we been seeing during the first quarter?

- First off, we must note the inspirational level of resilience we have seen amongst our students, parents and staff!
- Students with concrete needs: Lack of Wifi service, Technology Issues, Housing/Homelessness
- Students not participating consistently in remote learning, which then require intervention.
- Student's switching to remote learning or logging in RNS (remote, not scheduled) due to fears surrounding COVID 19, difficulty in adapting to a different school environment, and the ease some students report from learning at home.
- Students, both hybrid and remote, continuing to face typical social emotional issues (dealing with friendships, academic stress, pre-existing mental health issues, family concerns, etc)
- Students, both hybrid and remote, genuinely missing their friends and the way things "used to be"
- Supporting parents as they navigate through remote learning issues, family/work/financial demands and the social emotional needs of their children.









Coping Skills push in workshops completed with all sixth grade classes.  
(7th and 8th currently being scheduled)





- Ongoing collaboration with teachers to identify and support at risk and struggling students
- Google Classroom created to support teachers and share social emotional activities they can utilize with students



**Middle School Social Worker Website**  
Easy access for social emotional supports & activities



# My Hicksville High School Comets “Family” We are all in this together!

*The administrators, support staff, teachers, teachers’ assistants, and nurses are always here for you! Don’t hesitate to reach out to any of us if you need assistance with your academics, college planning, peer or family struggles, physical, emotional, financial or housing concerns.*

***Remember, you are not alone!***

*Email us (i.e. [jsmith@hicksvillepublicschools.org](mailto:jsmith@hicksvillepublicschools.org)) or call us. \*Please confirm you have the correct email address as some staff have a number after their last name.\**

***Call the Main Office ( 516-733-2201) to reach:***

***Raymond Williams, Principal***

***Lauren DuBeau, Assistant Principal for 12th graders***

***Walter B. Roche, Assistant Principal for 11th graders***





# **My Hicksville High School Comets "Family"**

**(continued)**

## **Call or email us!**

**School Counselors:** (Call the Guidance Office: 516-733-2220):

**Karen Felber, Jessica Molof, Allie Hannon, Kevin DeBenedetto and Veronica Velez. Russell Garcia, Patricia Lozoya and Tara Baron are our Bilingual School Counselors.**

**School Psychologists:** Rachel Kalman (516-733-2220) and Katherine Palma (516-733-2201 or 516-733-2200)

**School Social Workers:** Mike Rodway, Kelly Bocchicchio, and Karen Gomez, our Bilingual School Social Worker who is here on Tuesdays & Thursdays. Call us at 516-733-2201 or 516-733-2200, or 733-2240 for Ms. Gomez ([kgomez2@hicksvillepublicschools.org](mailto:kgomez2@hicksvillepublicschools.org))

# BEING AWARE OF MY FEELINGS



*All feelings are normal and valid. Feelings come and go depending on the situation you are in and your perceptions. It is important to recognize what you are feeling and thinking and then be **proactive** in*





# COPING SKILLS



Coping skills are methods a person uses to deal with stressful situations. Developing and maintaining coping skills takes time and work, but becomes easier with practice.

## Some good coping skills include:

- *Meditation and relaxation techniques*- Watch Mindfulness videos on YouTube
- *Wellness Apps* on my phone (Headspace & Calm)
- *Physical activity* & Joining a team or a club or playing intramurals at HHS (2:45pm-4:15)
- *Reading & Journaling* - Try reading **Mindset** by Carol Dweck, Ph.D
- *Listening to music* - Playlists to help energize you or to help you to fall asleep
- *Talking*- with close friends & family (list of contact #s in my phone)
- *Humor*- Watch a funny movie or video
- *Hobbies* like photography, cooking, drawing/painting, being with nature, spirituality
- *Sleeping 8-10 hours* & *Getting Proper Nutrition*

# IDEAS FOR PRACTICING SELF-CARE

## PHYSICAL

go for a walk  
dance  
hike  
swim  
get a hug  
play with a dog  
clean & reorganize your room  
take a bath

## MENTAL

read a book  
learn a new skill like photography or drawing  
do a DIY project  
color  
turn your phone off

## EMOTIONAL

meditate  
practice Yoga  
light a candle  
talk with a friend  
go on a date  
journal  
write down a list of things you're grateful for







Give yourself permission to take care of yourself the same way you take care of everyone else in your life! Above are ways to reduce stress in your life so you can take better care of yourself. There is nothing wrong in asking others for help. It is a sign of strength to ask for assistance! Contact people who can support you via a phone call, email, text, direct message, letter, or social media. Don't be afraid to ask for help. You will be with you.

# EFFECTIVE COMMUNICATION SKILLS WITH FAMILY, PEERS, & SCHOOL PERSONNEL

- Plan what you want to say and be clear on your intention. What do you want to accomplish from this discussion?
- Ask the person if and when they are willing/able to talk, and have your discussion at the agreed upon time and place.
- Utilize all forms of communication available-email, text message, phone call, letter writing
- Practice good non-verbal communication skills – eye contact, body language
- Stay calm – control your volume and tone of voice
- Focus on the problem
- Be an active listener
- Be clear and to the point
- Summarize and clarify.
- Don't be afraid to ask for what you need.

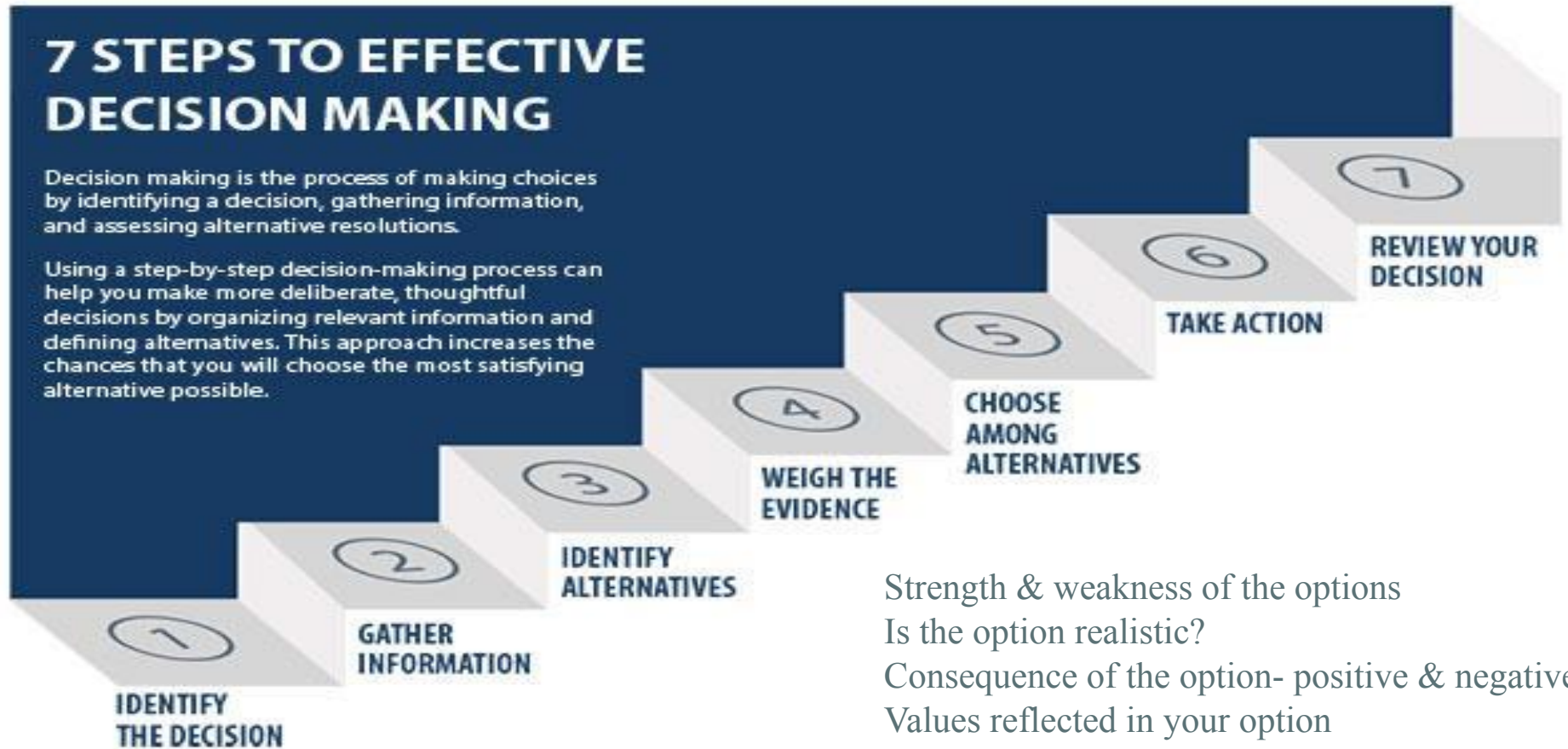


# EFFECTIVE DECISION MAKING SKILLS

## 7 STEPS TO EFFECTIVE DECISION MAKING

Decision making is the process of making choices by identifying a decision, gathering information, and assessing alternative resolutions.

Using a step-by-step decision-making process can help you make more deliberate, thoughtful decisions by organizing relevant information and defining alternatives. This approach increases the chances that you will choose the most satisfying alternative possible.



Strength & weakness of the options

Is the option realistic?

Consequence of the option- positive & negative

Values reflected in your option

# RESPECT

## **Respect yourself**

- *Before you can respect others, you must first respect yourself.*
- *Showing respect for yourself by accepting and honoring your own: Emotions, skills, beliefs, abilities, challenges and body*

## **Respect for others**

- *Kind and Considerate Communication:  
Being kind to others by always choosing words and actions that are helpful, healing, kind, and uplifting.*
- *Accept differences and practice compassion*
  - *Listening when someone else is talking and not interrupting.*

## **Responsibility for all your actions**

- *Integrity-follow through on your word.*
- *Own up to your mistakes as well as your triumphs*



# ACADEMIC INTEGRITY

*“Academic integrity refers to behavior in an academic setting that ensures that work done is one's own and that the work of others is properly recognized.”*

*Have you ever...*

- Allowed someone to look at or copy your exam, quiz or assignment?*
- Submitted a lab report, project, or paper with your name on it when someone else worked on it?*
- Passed answers via notes, electronic devices, or other methods?*
- Discussed answers to an exam or assignment before completing the exam or assignment?*
- Submitted a report/paper without proper citations?*
- Worked on an assignment or a take home test with others when told not to do so?*

*All of the above are examples of Academic Dishonesty*

- Consequences can be: receiving a grade of zero, getting detention, losing the trust*



# SOCIAL MEDIA

13 -24 year olds spend 11-84 hours a week using cell phones, iPads, computers, watching tv & playing video games.

## EXCESSIVE TECHNOLOGY USE /SCREEN TIME CAN RESULT IN:

- Obsessions, compulsions, and anxiety
- Difficulties in relationships due to digital pressures
- Body Image issues and fitting in (FOMO= Fear of Missing Out), keeping up with Snapchat streaks, eating disorders, etc.
- Difficulty sleeping
- Self esteem issues- Posting images of yourself – Feeling highs and lows based on number of likes versus dislikes

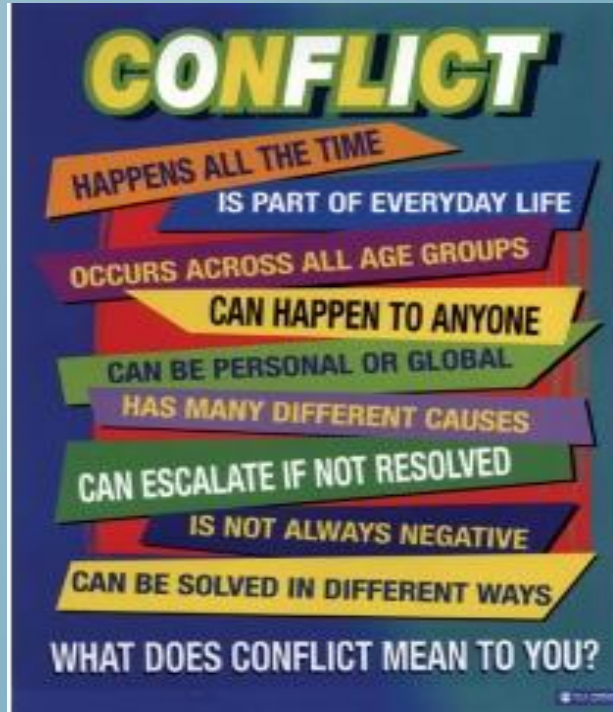
Recent research shows:



# CONFLICT RESOLUTION

## ⊘ Conflict Starters

1. Name Calling
2. Pushing/Shoving
3. Acting Bossy
4. Accusing
5. Blaming
6. Spreading Rumours
7. Generalizing
8. Teasing
9. Put Downs
10. Interrupting



## Conflict Stoppers

1. Apologize
2. Show Respect
3. Skip It
4. Brainstorm
5. Walk Away
6. Get the Facts
7. Make a Deal
8. Ask Questions
9. Compromise
10. Tell How You Feel

# CONFLICT RESOLUTION GUIDELINES

## Win-Win Guidelines

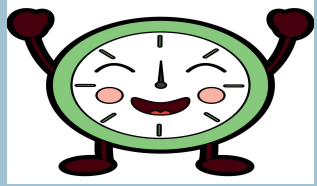
1. Cool off.
2. Talk the problem over using I-messages. Calmly communicate your side of the story to explain how you feel.
3. Listen while the other person speaks to understand their point of view and say back what you heard.
4. Take responsibility for your part in the conflict.
5. Brainstorm solutions and choose one that is fair to
6. Affirm, forgive, thank, or apologize to each other.



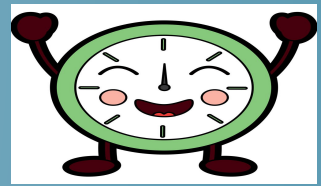
## Rules for Using the Win-Win Guidelines

- \*Tell the truth.
- \*Be respectful.





# Time Management



## Tips for Effective Time Management

### ❖ Know Your Goals

- Focus on your goal first, i.e. school work, and see it through to completion.
- Reward yourself with enjoyable activities after you have accomplished all of your work.

### ❖ Plan Ahead

- Utilize scheduling techniques with calendars (i.e. Google), reminder apps and to do lists. Use your phone, computer and other alarms as reminders. Don't Procrastinate.

**Watch This Video** - <https://www.youtube.com/watch?v=arj7oStGLkU>

- Limit distractions around you
- Stay Organized - Break down large tasks into smaller, more manageable parts

### ❖ Prioritize Wisely

- Important and urgent — Tasks that *must* be done. Do them right away.
- Important but not urgent — Tasks that *appear* important, but upon closer examination

# HELPFUL RESOURCES



★ **Police:** Call 911

★ **Long Island Crisis Center:**

Call (516)- 679-1111: it is a 24 Hour/7 Day Counseling Hotline

★ **National Suicide Prevention Lifeline Network:**

24 hour/7 days Hotline: Call (800)- 273-TALK (8255) or (888)- 628-945 (Spanish)

★ **Long Island Council on Alcoholism and Drug Dependence:**

-go to [www.LICADD.ORG](http://www.LICADD.ORG) or

-call (516)747-2606 or LICADD's 24/7 Hotline #:(631)979-1700

-located at 1025 Old Country Road, Suite 221, Westbury, NY 11591

★ **The Safe Center LI:** for any sexual assault, rape, or domestic violence

(516)542-0404 or (516)465-4700

★ **National Sexual Assault Hotline:** Free & Confidential

-1-(800) 656-HOPE(4673)

★ **Seek out the trusted adults in your family and school**



# Counseling Centers

It is always best to speak first with your pediatrician to see if they could recommend a therapist or call your insurance company for providers (psychiatrists, psychologist, or social workers) who would be on your insurance plan. Here are some counseling centers to call:

1. **Central Nassau Guidance & Counseling- (516) 822-6111**
2. **Center for Coping- (516)822-3131 (The Coping Counselors)**
3. **Cohen's Medical Center Outpatient Mental health Clinic- (516) 470-8100**
4. **Cohen's Eating Disorder Center (Adolescent Services)- (516)465-3270 (Open from 9:00AM-5:00PM)**
5. **Cohen's Pediatric Behavioral Health Urgent Care Center: 1-718-470-3148**
6. **Family and Children's Association- (516)935-6858**
7. **Hispanic Counseling Center- (516)538-2613**
8. **Mental Health Association of Nassau County-(516) 489-2322, [www.mhanc.org](http://www.mhanc.org)**
9. **Nassau University Medical Center's New Health Therapy Center- (516)296-2670**
10. **North Shore Child and Family Guidance- (516)626-1971**

# COVID-19 TESTING CENTERS

Anyone who believes they've been in contact or exposed to COVID-19 **SHOULD BE TESTED IMMEDIATELY!** Symptoms include: fever, chills, cough, shortness of breath, new loss of smell and taste, body aches, headaches, sore throat, nausea, vomiting, & diarrhea.

**Call 516-396-7500 to inquire about a test at the locations below. They are open for testing Monday - Friday • 9:00am to 1:00pm. Visit [LIFQHC.org](https://www.lifqhc.org)**

**Hicksville Statcare:** 232 West Old Country Rd., Hicksville, (917-473-9365 or 917-793-9272)

**WESTBURY HEALTH CENTER:** 682 Union Ave • Westbury, NY 11590

**HEMPSTEAD HEALTH CENTER:** 135 Main Street • Hempstead, NY 11550 -*Next to the Bus Terminal*

# Health Hotlines, Food Pantries and WiFi Resources



- **Nassau County Health Department Call Line: 516-227-9570 (M-F, 9am-5pm)**
- **Nassau County Health Department COVID-19 Information –**  
**<https://www.nassaucountyny.gov/4946/Coronavirus-COVID-19>**
- **CDC - Centers for Disease Control and Prevention. 800-CDC-INFO (800-232-4636)**
- **Hitesite.org-connects Long Islanders to comprehensive health, social, financial and Covid-19 resources**
- **Food Pantries: [www.foodpantries.org](http://www.foodpantries.org)**
  - **Island Harvest-15 Grumman Rd W, Bethpage, (516) 294-8528**
  - **Long Island Cares- 10 Davids Drive (Harry Chapin Way), Hauppauge, 631-582-FOOD (3663)**
  - **St. Ignatius Parish- 129 Broadway, Hicksville, (516)931-2626**

*Click this link below for additional resources on the HHS website:*

**Remember, Your Hicksville High School Comets Family  
is here for you, your family, and your friends!  
You are not alone!**

**Reach out to your administrators, teachers,  
school psychologists, school social workers,  
school counselors, school nurses,  
teachers' assistants, etc.**



**Take care of your mental health! Brighter days always  
come and remember “You Are Loved.” Just like this video  
says...**

