

LIC HS PARENT NEWSLETTER

MAY / JUNE 2020



Dear Families,

- If you are looking for online resources to address your needs during the COVID-19 Pandemic, Zone 126 has you covered! We created an ongoing Google Doc with free resources that address food access, housing information, activities for any age group, useful information for businesses, mental health, and more. To access, please click or type in the following link: tinyurl.com/zone126covidresources Within the link above, there are short descriptions of each resource and where to find them online. We hope this helps you stay home, safe and healthy.
- In collaboration with CCNY, and ZONE 126, we have created a safe space for students to discuss their feelings and concerns during this challenging time. The discussion group takes place from 3:00 pm to 4:00 pm Mondays through Fridays. Please see attached flyer and click on the link to join the google meet. Stop by anytime you would like to talk or have something to share. We are here for you!
- **Save The Date: Wednesday, June 17, 2020**
Who: All LICHS staff, students and families
What: Virtual Annual Community School Breakfast
Where: TBD, Virtual link will be provided
Time: TBD

Our annual Community School Breakfast strives to build and strengthen our accomplishments and growth at LICHS. This virtual event is a cornerstone of our Community School efforts and will show participants what LICHS has accomplished so far this school year, and what we hope to accomplish come the new school year. We hope you can virtually join us for this celebration!



The Child Center of NY- Healthfulness Center (room 522) of LICHS has implemented tele-therapy sessions ever since remote learning started. We are grateful that we were able to continue therapy services with our students and their families. In addition to our Body Image group and Acculturation group (for Bengali students), we have added two additional peer support groups facilitated by our youth advocates- "Senior Support Group" and "Netflix and Me" group where we are ensuring our students are getting additional support during this time. If you or a family member need mental health counseling services, all Child Center counseling clinics are accepting new clients and are currently providing teletherapy services due to COVID19. Please call the phone numbers of the following Child Center of NY counseling centers below.

Elmhurst Clinic Hank Auffarth Family Center 81-14 Queens Boulevard Elmhurst, NY 11373
Phone: 718-899-9810 ext. 200

Flushing Clinic 140-15B Sanford Avenue Flushing, NY 11355 Phone: 718-358-8288

Woodside Clinic 67-14 41st Avenue Woodside, NY 11377 Phone: 718-458-4243

The Jamaica Family Wellness Center 163-18 Jamaica Avenue, Second Floor Jamaica, NY 11432 Phone: 718-297-8000

If your family needs free counseling on entitlements, health insurance, financial guidance, social services, and legal services, please contact Ms. Ortiz from Single Stop. They also have on-site health insurance and SNAP ("food stamp") enrollment available. These services are open to the community for people of all ages, with or without children. You do not need to be a client to sign up for Single Stop.

Single Stop Program Manager:
Elizabeth Ortiz
Phone: 718-228-0720 ext. 251



DATE	ACTIVITY
May 1, 2020	Marking Period 5 Ends
May 4, 2020	Marking Period 6 Begins
May 4-8, 2020	Happy Teacher Appreciation Week!
May 18, 2020	CUNY CAT Virtual Parent Workshop "Dealing with the technical, emotional and educational aspect of adjusting to distance learning and it's challenges" (Details to be announced in Pupil Path)
May 25, 2020	Memorial Day (School not in Session)
June 4, 2020	Anniversary Day/ Chancellor's Conference Day for Staff Development (School not in Session for Students)
June 17, 2020	Virtual Annual Community School Breakfast
June 26, 2020	Last Day of School



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Parents: For students who are college bound, here are some of the basic things that your children should be focused on in order to be College Ready!

<p>9th and 10th Graders</p>	<ul style="list-style-type: none"> - Completing their HW assignments daily - Maintaining good school attendance/participation - Seeking opportunities for rigorous courses (i.e.- AP classes) - Exploring their likes/dislikes to start to identify a possible major - Participating in extra-curricular activities after-school to build their leadership profile - Taking the PSAT as a practice exam for the SAT
<p>11th Graders</p>	<ul style="list-style-type: none"> - <i>All of the above!</i> - Working on their college essay - Creating a high school resume (this outlines their other achievements besides grades) - Identify at least 4-6 colleges that they will visit (online or live), that they plan to apply to senior year - Research these schools (find out cost, majors, environment) - Take the SAT or ACT exams - Obtain info. re: the college application process, FAFSA and scholarship applications - Identify at least 2 teachers to provide college recommendation letters
<p>12th Graders</p>	<ul style="list-style-type: none"> - <i>All of the above should have already been completed!</i> - Finalize college essays and recommendation letters - Identify and apply to at least 4-6 colleges (safe, target, reach schools) - Complete FAFSA/TAP applications (deadline 6/30 of senior year) - Review financial aid award letters to help pick your college - Understand the college dealines and acceptance procedures - Plan to participate in ALL orientation/new student meetings

Class of 2020,

I hope and pray that you and your families are okay during this time. I understand your many concerns regarding senior dues. Please know that we will provide reimbursements and explore options on how they will be sent to you for cancelled events/activities. As we receive guidance from the Department of Education, we will notify you immediately.

It is important to continue working in this remote environment to earn your credits and earn waivers by passing classes that end in Regents exams including audits and prep courses. Once you earn your requirements, you will be GRADUATES, and this pandemic cannot destroy or change that. It is important to reflect on your 3 & a half + years at LIC HS to get you through these difficult times. If you have any questions, concerns, or even ideas for virtual activities we can all be a part of, please feel free to contact me via email. You are all missed! The CLASS of 2020 will get through this TOGETHER!

Senior Advisor

Mr. Smart

Email: ASmart@schools.nyc.gov



Despite schools being closed the Yearbook Class is continuing to spread virtual Bulldog Spirit! The Yearbook class has already hosted numerous "Virtual School Spirit Events" such as a Senior Spirit Week, Paws for Pets and Baby Picture Collections. We are also participating in an ongoing school-wide photo collection for our "QuaranTEENed" yearbook project.

QuaranTEENed will focus on what students are doing at home to keep busy while staying safe. Any student wishing to participate in the QuaranTEENed spread can send images and descriptions along with your full name to WDestefano@schools.nyc.gov or QuaranTEEN@lichs.org. The fun doesn't stop there, as we will be hosting many more Virtual Spirit Days, Online Challenges and senior photo collections. Please look out for more information on these exciting upcoming events by checking your pupilpath daily, checking your lichs.org emails daily and following our Instagram page @licbulldogblue.

Thank You and Stay Safe,
Mrs. DeStefano
Yearbook Advisor

Best of luck to all Long Island City HS students, as you prepare for this next big step!

St. John's University NYGEAR UP Program

Helping Teenagers Make the Most of Quarantine and Develop Life Skills

How many parents have been utilizing television, computers, video games etc. during this quarantine in order to help pass the time with the kids? I think most parents would agree that having the kids stay busy is the best way to get work done ourselves while ensuring they stay safe and calm. Kids may feel down being stuck at home for an unknown amount of time as a parent, take this opportunity to teach your kids about life lessons you may not have had the time to teach them.

What are life lessons? Things that we did not learn about until we became adults. How to manage money or a household, how to cook dinner and feed a family, things like that. If given the skills now, it will help your child not only feel more included in the home, they will feel more connected to the family and help them to move towards the next phase of their lives.

In an article from today.com “Teenagers stuck at Home? Here are 13 Life Skills they can learn now”, many of the skills we as adults utilize every day are highlighted. Here are five you can do with your teenager that may help the time in quarantine become more bearable and maybe help to build a special moment between parent and child. These activities also can help to keep kids busy, both physically and mentally so it reduces the anxiety that surrounds the news and the world today.

1. How to make a phone call

This is such an important skill that kids need to know for their future. For job interviews and work they will need how to conduct themselves on the phone. Most kids are so used to texting or face timing they are unable to make a simple doctor’s appointment. A good way to work with kids on this skill is to model this skill for them and then provide them with an outline to do it themselves.

2. How to manage their own time and create a schedule

Between school and home it is a good likelihood that teens do not have the option to build their own schedule. Distance learning is the perfect opportunity for them to learn how to schedule themselves. Plan their days out. Buy your child or create a calendar together. Also, this creates a routine which kids so desperately need right now.

3. How to write an email

This is another skill that many kids do not gain but absolutely need if they are considering college or a job interview. They can create an appropriate email address and practice sending emails to family members.

4. How to create a household budget

The hardships of the times should not be lost on teenagers. Many adults are out of work, and many kids see the difficulty the households are facing. Helping your teenager to understand what a weekly food budget looks like and what types of food it can be applied to. Also, rent, bills, cell phone etc. Also, helping them to understand how to cook meals instead of relying on fast food because many of the places they once frequented are no longer available.

5. How to ask for help

This is a particularly difficult one for many adults but helping your teenager learn not only how to ask for help but that it is ok to ask for help. Resources that are available to your family from the school and the community.

Many more skills are outlined in this article but overall many of these life lessons will help your teenager make the most of this quarantine and help them to grow. They may emerge as healthy well-adjusted young adults. Remember to please contact the guidance department at LIC for any support you may need.

<https://www.today.com/health/teenagers-stuck-home-here-are-13-life-skills-they-can-t176759>

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