

February-March 2021 | Issue 1



The

# Sachem Family Brief

A NEWSLETTER FOCUSED ON ACADEMICS & SEL  
SUPPORTS FOR SACHEM FAMILIES & STUDENTS



IN THIS FIRST ISSUE, WE'RE  
COVERING:

- AT-HOME ACADEMIC SUPPORTS
- SACHEM PUBLIC LIBRARY RESOURCES
- UPDATES FROM MRS. HYNES
- THE COUNSELORS' CORNER
- SACHEM VIRTUAL CALMING ROOM & SEL RESOURCES
- PRINCIPAL PICKS! SEL READ ALOUD
- PRACTICAL PARENTING STRATEGIES DURING A PANDEMIC FROM DR. HARTMAN

## Supporting Your Child at Home

CREATING GOOD STUDY HABITS  
EARLY IS KEY

SEVEN TIPS for PARENTS:

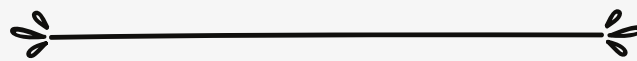
1. Avoid distractions
2. Make homework less of a chore
3. Encourage independent, self learning
4. Use a "when....then...." routine
5. Instill time management
6. Help kids embrace failure and be constructive
7. Avoid rewards

[Positive Parenting Solutions](#)

NEWS AND NOTES FROM ERIN HYNES,  
ASSISTANT SUPERINTENDENT OF CURRICULUM &  
INSTRUCTION

Happy New Year! 2020 certainly was one for the record books. As a parent myself, we are all trying to make sure our children are engaged in their classes, happy, thriving and becoming prepared for the future.

We sent out a Sachem Parent Survey before Thanksgiving and again after the New Year. The valuable feedback from the students, parents and staff in Sachem has guided us as we worked to decide on topics and share in this first newsletter, The Sachem Family Brief. We hope that you find a topic, or bit of information, that speaks to you and your challenges as this time. Special thanks to our SEL Curriculum Writing Team who helped to develop this content. We will get through this together. We are Sachem!



## The Counselors' Corner



As the Director of Guidance and Counseling for Sachem, I have the pleasure of working with School Counselors across our three middle schools and two high schools.

This was a challenging year both academically and socially. Please know that through our Sachem Transition Team Meetings, we meet to discuss each and every child as they enter middle school (grades 5-6) as well as grades 8-9.

## SPECIAL THANKS TO THE S.E.L TEAM FOR THE NEWSLETTER CONTENT...

- Mrs. Pat Aubrey, Principal
- Mr. Jon Chiamonte, SEL Chairperson
- Ms. Alyssa Davis, Student
- Dr. Danielle DeLorenzo, Principal
- Mrs. Fredette, Psychologist
- Mrs. Danielle Gagnon, Teacher
- Mrs. Dina St. Giles, Psychologist
- Mrs. Lauren Gonzalez, SEL Chairperson
- Mrs. Latisa Graham, Guidance Director
- Dr. Steven Hartman, Psychologist
- Mrs. Erin Hynes, Asst. Superintendent for Curriculum and Instruction
- Mrs. Michele Michelson, Psychologist
- Mrs. Marie O'Doherty, Humanities Director
- Dr. Pellettieri, Superintendent
- Mrs. Jennifer Savio, Special Ed. Teacher
- Mrs. Jennifer Smiarowski, Social Worker

*Ideas or suggestions? Please email Marie O'Doherty at [modoherty@sachem.edu](mailto:modoherty@sachem.edu)*

# Sachem Public Library Offerings



## FREE ON-LINE TUTORING OFFERED DAILY

Is your child struggling?

Did you know any Sachem student who needs academic support at home can use Brainfuse?

The Sachem Public Library offers excellent academic and social programs for our community.

Academic supports include Free On-Line Tutoring (K-12) and a Writing Lab.

Students can use the app to upload images, problems or questions for help and support in minutes from a live tutor.















See the attached flyer with information about the libraries services.

Sachem CSD and Sachem Public Library Partnership:

[Tools for Schools - December-March for Grade K-5](#)

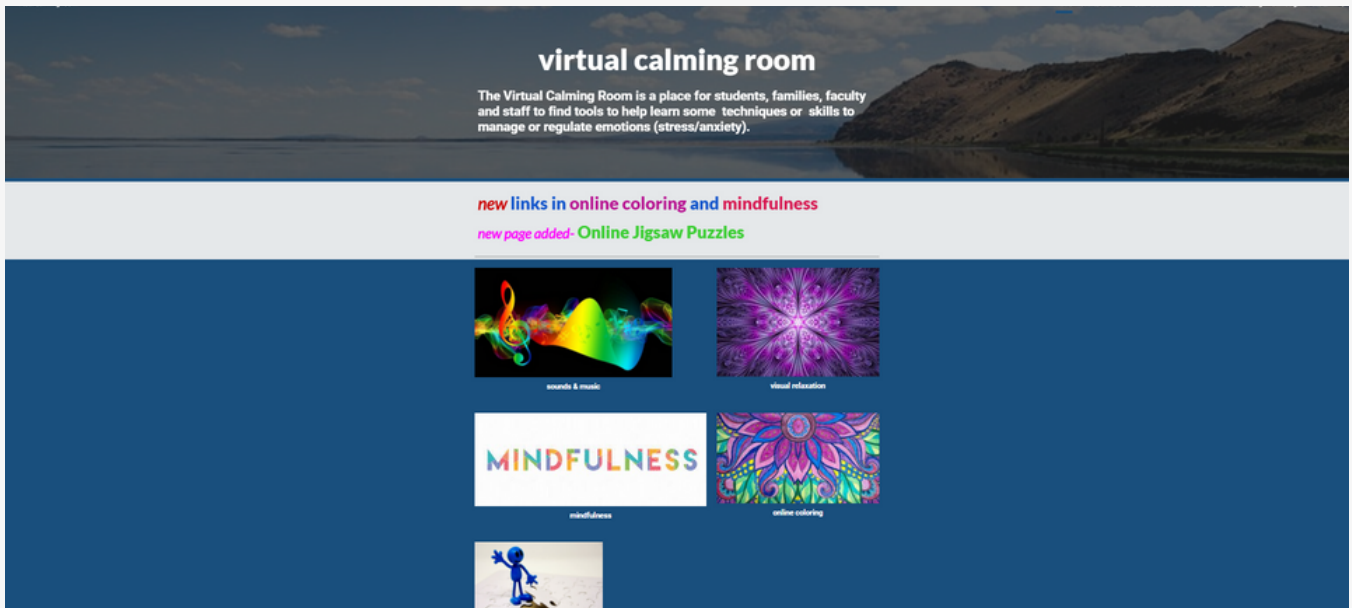
[Tools for Schools - December - March for Grades. 6-12](#)



 Expert Help	 Study	 Collaborate
<ul style="list-style-type: none"><li> <b>Live Tutoring</b> Live online help from expert tutors</li><li> <b>Writing Lab</b> Expert online writing assistance</li><li> <b>SkillSurfer</b> Live skills building and a library of lessons, videos, tests and more</li><li> <b>Send Question</b> Send a question and get expert help</li><li> <b>Language Lab</b> Live help for language learners</li><li> <b>Featured Service</b> FAFSA Live Help - get assistance filling</li></ul>	<ul style="list-style-type: none"><li> <b>LEAP Learning Platform</b> Diagnostic test center with customized study plans, lessons, and live tutoring</li><li> <b>FlashBulb™</b> Create and share flashcards, tests, and games</li><li> <b>eParachute</b> Discover the college majors and careers that match your skills and interests.</li></ul>	<ul style="list-style-type: none"><li> <b>MEET™</b> Schedule sessions with friends in our private virtual study room</li><li> <b>Brainwave™</b> Create and share movie-like notes and ideas</li></ul>



# Sachem Virtual Calming Room



Have you checked out the [Virtual Calming Room](#) created by Ms. Dina St. Giles, a psychologist at Sachem East? Parents, kids and young adults can check out this resource for mindfulness ideas, calming sounds and music, online coloring pages, visual relaxation as well as new online jigsaw puzzles.

## Principal Picks & Tips from Dr. DeLorenzo!

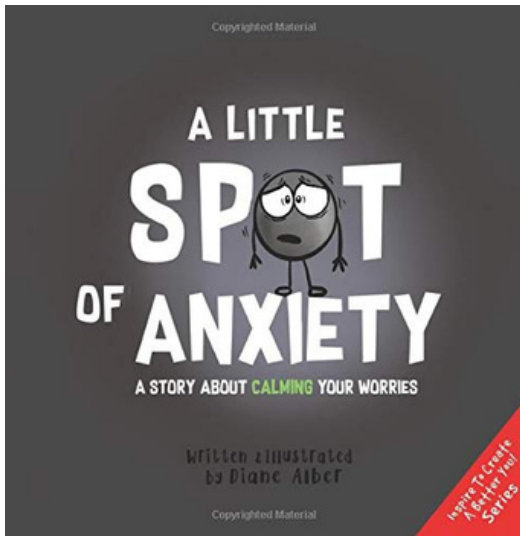
**"While the school year is still young, let me remind you that research and practice show that one simple activity — reading aloud — is the best way to prepare children for learning to read and to keep them reading as they learn and grow."**



### Reading and Writing Tips for Parents:

- Set aside at least 15 minutes every day to read to your child...no matter what age.
- Ask others to read to your child as well...caregivers, babysitters, grandparents, older siblings.
- Keep a basket of books in the car with you.
- Make sure pencils, markers, paper, etc. are available to encourage your child to write.
- Borrow books on CD from the library. Play them in your car.
- Encourage your child to send cards and notes to family, friends or a pen pal. Email is okay too.
- Tell family stories. Children love to hear stories about their families.
- Take your child to the wonderful Sachem Library. Get them their own library card.
- Make reading with your child part of your everyday life. Read cereal boxes, road signs, school fliers, store ads, etc.

# What are you reading?

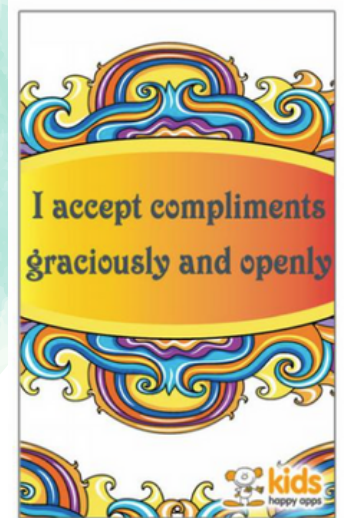


CLICK LEFT FOR A SEL READ  
ALoud BY FIFTH GRADE  
STUDENT, ALYSSA DAVIS

*just for you*

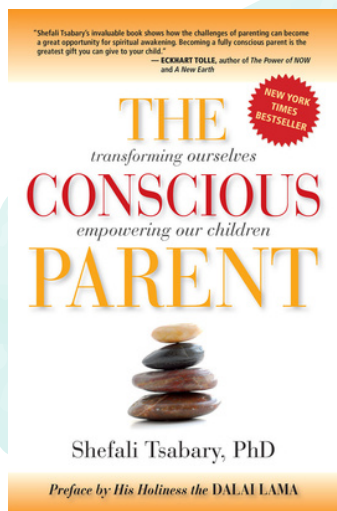
SHARED BY MRS.  
FREDETTE...

affirmation  
cards

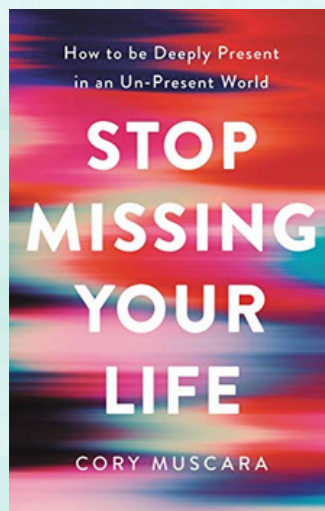


*"Take time to do  
what makes your heart happy."*

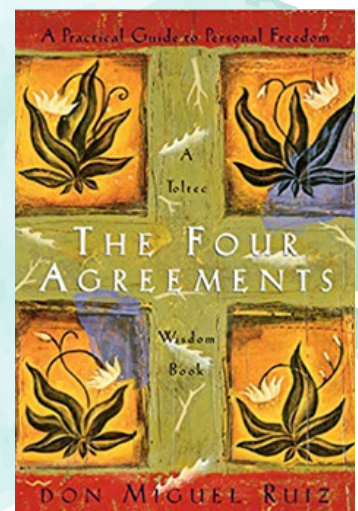
Mrs. O'Doherty



Mrs. St. Giles



Mrs. Gonzalez



# SEL Corner...

## P.S. I LOVE YOU DAY

**"TOGETHER WE WILL RISE"  
FEBRUARY 12TH, 2021**

**Mission:** Our mission as a 501(C)3 non-profit organization is to spread love in order to decrease bullying and promote mental health awareness. We strongly believe that by educating students about mental health, this difficult conversation will be easier to discuss. On the second Friday of every February, we encourage communities to wear purple in order to Foster kindness and a welcoming environment.

•P.S. I Love You Day was created in 2011•



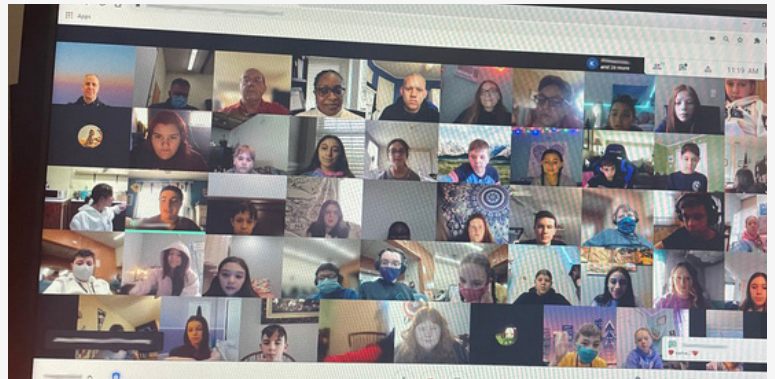
KEEP IT BELONG TO P.S. I LOVE YOU DAY, INC.



p.s. i love  
you day

P.S. I Love You Day is celebrated each year in February (since 2011) and was started by Ms. Divalpa, a Cayuga teacher to honor her father. The day spreads light on the importance of being kind to ourselves and others. It emphasizes embracing differences, choosing kindness and lifting each other up. Click on the links above to color a heart, send a Kindness Gram! Also check out the code here for [Teacher Resource Folder](#).

## VIRTUAL PROJECT KINDNESS 2021



"ALONE WE CAN DO  
SO LITTLE;  
TOGETHER WE CAN  
DO SO MUCH." -  
HELEN KELLER



# SEL Corner...



## CELEBRATING



*connection*

*with Mr. Chiaramonte*



PROJECT KINDNESS 2021 VIRTUAL EDITION:  
"BEST DAY OUT OF 2020-2021 SO FAR..." ~SACHEM SIXTH GRADER, SAMOSET



Try a Mindfulness  
Meditation  
with Mrs. Gonzalez



# Calming Tips from Dr. Pellettieri

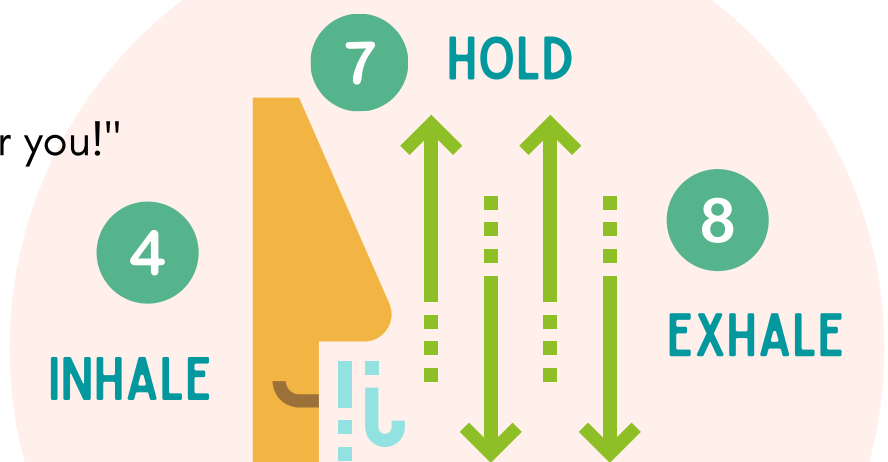


"I use the **4-7-8 technique** as a breathing pattern to calm myself. *Breathe in quietly through the nose for four seconds. Hold the breath for a count of seven seconds. Exhale through the mouth for eight seconds. Repeat!*

I have used this when I try to sleep at night, I have used it at red lights when I'm driving into work, I have even used it one time when I was stuck in an elevator with my family. That time it was particularly useful as my young son started to ask "Are we going to run out of air?" That was a particularly stressful moment, but this technique helped me remain calm until we were able to get out of that situation.

Try it, I hope it works for you!"

**4-7-8  
breath**





# *PRACTICAL PARENTING TIPS FOR THE PANDEMIC!*



## SELF - AWARE PARENTING

**YOU WILL BE ABLE TO PARENT EFFECTIVELY IF  
YOU ARE PARENTING FROM A PLACE OF SELF-  
AWARENESS.**

SELF-AWARENESS MEANS WE ARE RESPONDING RATHER  
THAN REACTING. THIS REQUIRES FORTHOUGHT AND  
PLANNING. A MOST HELPFUL STRATEGY TO RESPOND  
RATHER  
THAN REACT IS TO HAVE "ANCHOR THOUGHTS" CREATED  
BY DELANEY RUSTON, MD



# SELF - AWARE PARENTING

---



## SOME EXAMPLES:

THOUGHTS: "MY CHILD WILL FALL BEHIND ACADEMICALLY BECAUSE THEIR ONLINE CLASSES ARE NOT WORKING WELL FOR THEM."

POSSIBLE ANCHOR STATEMENT: "LEARNING IS A LIFELONG PROCESS."

THOUGHTS: YOUR TEEN IS PLAYING SO MANY HOURS OF VIDEO GAMES, AND YOUR WORRIED THOUGHTS INCLUDE, "HE WILL BECOME ADDICTED TO VIDEO GAMING AND END UP FAILING IN SCHOOL."

POSSIBLE ANCHOR STATEMENT: "THE VAST MAJORITY OF KIDS WHO LOVE PLAYING VIDEO GAMES DO NOT BECOME ADDICTED. AND PEOPLE WANT TO SUCCEED IN LIFE. I TRUST THAT MY CHILD DOES, AS WELL."



## ANCHOR THOUGHTS

WHEN WE FEEL THOSE UNCOMFORTABLE PARENTING FEELINGS AND THOUGHTS, PLAN ANCHOR STATEMENTS THAT YOU TURN TO, AND SAY OR WRITE THEM DOWN FOR YOURSELF WHEN TRIGGERED. I LIKE TO CALL THEM ANCHOR THOUGHTS BECAUSE THEY CAN ANCHOR YOU IN A CALM AND WISE PLACE AND KEEP YOU FROM BLURTING OUT SOMETHING THAT CAN ELEVATE TENSIONS.





# SELF - AWARE PARENTING

---

## Think & Question Yourself Before You Act

Am I angry with my child?  
Am I making my decision because I  
am too emotional?

Is the decision I am making hurtful  
to my child? (do not confuse a  
child's dislike or being upset about a  
reasonable consequence as  
hurtful).

Consider whether the decision  
affects your child's self-worth,  
personal safety, developmental  
growth.

## Winning vs. Solving the Problem

Do I want to win the argument /  
disagreement or do I want to teach  
my child a legitimate lesson?

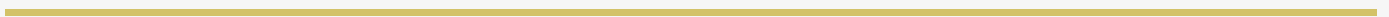
If you focus on winning, then your  
child loses – not only literally, but  
metaphorically as well. It would be  
better to create a dialogue about  
behavior or actions that you feel  
serves the best interest of your child.  
Your child does not have to agree with  
you, but will feel that they have been  
listened to and their concerns are  
being considered.



### [ self-awareness ]

*"The ability to take an honest look  
at your life without attachment  
to it being right or wrong."*

*- Debbie Ford*



## "Good Enough Parenting"



"Good Enough Parenting" D.W.  
Winnicott

Winnicott introduced this concept of parenting to describe well-intentioned parenting and to recognize that parenting is a difficult task.

As parents, we will make mistakes, we will have regrets, we will feel like we have no idea what we are doing. That's OK – Really! Tell yourself, "I am doing the best I can." We can only use the knowledge and experience that we have already gained to make informed choices for ourselves and our family.

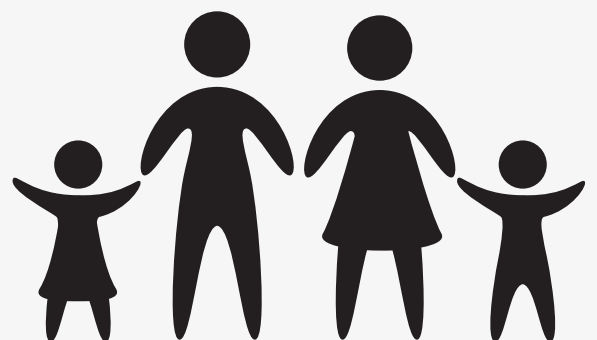
Learning something after the fact or realizing you made a bad choice is not the end of the world. If you made a choice with the best interest of your child in mind – then pat yourself on the back because you are being a "Good enough Parent"

### What type of parent do you want to be?

What type of parenting style did your parents use?

How has your parents' style affected your view on parenting?

What type of parenting style do you wish to employ with your children?



# PARENTING STYLES

What Kind of parent do you want to be?

---

## PERMISSIVE PARENT

Having few rules, allowing the child to make most decisions, wanting to be your child's friend, having difficulty dealing with your child not liking you when you issue a consequence. Permissive parenting can foster creativity and independence for children. However, this style may also lead to poor frustration tolerance, difficulty adhering to rules elsewhere (school, work, community), and limited self-control / self-discipline.

PUSHOVER



## AUTHORITARIAN PARENT

Similar to a dictatorship, very strict, lengthy list of rules, severe consequences for rule-breaking, making most decisions for your child. "My way or the Highway", "Do as I say, not as I do" mentality.

Authoritarian parenting may raise good soldiers, but stunt free will, limit child creativity, devalue personal worth, and fosters a sense that one must use power to coerce and force others to do their bidding

# AUTHORITATIVE PARENTING

---



## FAIR AND BALANCED

Some confuse this style with Authoritarian, however they are very different.

Authoritative parenting involves the development of structure and limit setting as a means of teaching our children important life lessons, self-control, collaboration, and fairness. Children are afforded opportunities to express their feelings and needs, and parents are fair in their decision-making regarding privileges and consequences (punishments). Parents model good behavior, admit to their own mistakes, and make decisions based on what they feel the child needs.

## TRUSTING RELATIONSHIPS

Authoritative parenting fosters trusting relationships, establishes high expectations for child behavior, shapes behavior by using reasonable and fair consequences, and fosters free-thinking and caring individuals.

Critics of this style often feel that this style of parenting is weak on discipline. This is far from the truth. Parents hold children accountable, set firm and consistent limits, provide rewards and positive feedback for good behavior, and remove privileges or dole out consequences for misbehavior.