Juneteenth Celebrating Freedom

JUNE 22nd, 2023

VH. CONR

family Efriends

VIRTUAL PARENT LEADERSHIP (PLC) COUNCIL MEETING

I'M YOUR PARENT COORDINATOR MS. MELODY PINK

I'm available to you Monday- 9:30am- 3:00pm In-Person Tuesday- 9:30am-3:00pm In-Person Wednesday- 9:30am-1:00pm Remote Thursday- 9:30am- 3:00pm Remote



REMEMBER TO CHECK YOUR EMAILS FOR SPECIAL RESOURCE PACKETS FROM ME, PLC NEWS, SCHOOL UPDATES AND MORE...



The Parent Leadership Council

Ready to ROAR!

Change the message. Change the perspective. Change the world.



OUR PLC PRESIDENT MS. MONIQUE BOWENS



Quick Virtual Housekeeping With Ms. Pink

- Please Mute your Screen & Mute your Phones
- Please Do Not Click Present or Hook your Screen to the TV (It Interferes with the Presentation)
- Please Type your Name, Scholar's Name & Email Address in the Comment Section for Attendance ** Families on the phone please email Ms. Pink your name, scholar's name & grade
- Please type any Questions in the Comment Section relating to the Meeting
- NOTE: This PLC Virtual Meeting will be recorded & posted on our school website



The State University of New York Brooklyn Educational Opportunity Center

Administered by New York City College of Technology

OUR PRESENTER: Darron Henry

Enrollment Manager SUNY-Brooklyn Educational Opportunity Center

BEOC OVERVIEW

- Funded by New York State
- Administered by New York City College of Technology
- Founded in 1966
- Serves up to 1,600 students annually
- Offers tuition-free academic, career, and short-term training programs



EOC ELIGIBILITY REQUIREMENTS

- Be 18+ years of age or 17 years of age with a high school diploma
- Be a U.S. citizen, permanent resident, or refugee
- Have low to moderate income
- HSD/HSE diploma required for career and college prep
- Have fewer than <u>33</u> college credits earned
- HSD/HSE strongly <u>recommended</u> for OSHA or SGT
- HSD/HSE <u>not required</u> for ESOL or GED Preparation applicants

Campus Access Information

ENROLLED STUDENTS

 Effective June 1, 2023, the Covid-19 vaccine mandate has been lifted. Applicants, students, and staff will not be required to show proof of vaccination to attend in-person classes or activities. We continue to encourage you to stay up to date with vaccinations.

ACADEMIC PROGRAMS

Program	Program Length	Training Time	Start Date
ESOL	15-30 weeks	Evening	August 25
HSE Preparation	15-30-45 weeks	Day or Evening	August 25
College Preparation	7.5 – 15 weeks	Day	August 25

*BEOC is an Official GED Test Site. Teaching modality is subject to change.

CAREER PROGRAMS

Programs	Program Length	Training Time	Start Date
Medical Assisting	30 weeks	Day	August 25
Medical Billing	15 weeks	Evening	August 25
Office of Administrative Professional	15 weeks	Evening	August 25
Direct Support Professional	8 weeks	Day	August 25
Patient Care Technician	7.5 weeks	Day	August 25
Tourism & Hospitality	15 weeks	Evening	August 25

All career programs lead to industry certification. CNA License required for PCT. Job placement assistance is available. Teaching modality subject to change,

SHORT TERM PROGRAMS

Program	Program Length	Training Time	Start Date
OSHA 30 w/Site Safety Training	2 weeks	Day	TBD
Security Guard	2 weeks	Day	TBD

STUDENT SUPPORT SERVICES



*Services currently available to students, alumni, and community



ENROLLMENT PROCESS

- Step 1: Review EOC eligibility requirements and program offerings at www.sunybeoc.org
- Step 2: Complete online admission application at <u>www.sunybeoc.org</u>
- Step 3: Attend enrollment session & submit required documents
- Step 4: Take *required* placement test
- **Step 5:** Admission decision/notification

<u>Only</u> applicants with complete applications, documents, and test scores will be considered for admission to programs.

CONTACT US!

Follow, like and share!



@ SUNY BEOC



@ SUNY_BEOC



@ SUNY Brooklyn Educational Opportunity Center **Contact Information**:

Phone: 718-802-3344

Email: admissions@beoc.cuny.edu

Fax: 718-802-3381

Website: www.sunybeoc.org



Located in Downtown Brooklyn

111 Livingston Street Brooklyn, NY 11201

By Train

A, C, F, R to Jay Street-Metro Tech 2,3,4,5 to Borough Hall G to Hov/t-Schermerhorn

By Bus

B25, B26, B38, B41, B51, B52, B54, B57, B61, or 367 to Downtown Brooklyn



PROGRAM REQUIREMENTS

State University of New York BROOKLYN EDUCATIONAL OPPORTUNITY CENTER

EOC ELIGIBILITY REQUIREMENTS

- Be 18 years of age or older
 Be a US Citizen, Permanent
- Resident or Refugee • Be a NYS Resident
- High School, GED or TASC
- Diploma required for Career and College Prep Programs • Have less than <u>33</u> colleg<u>e credits</u>
- earned

ACADEMIC PROGRAMS

- College PreparationEnglish Speakers of Other
- Languages (ESOL)
- High School Equivalency Preparation (HSE)

SHORT TERM TRAINING

- OSHA 30 Construction and Sit
- Safety training • Security Guard Training

CAREER PROGRAMS

- Direct Support Professional
- Medical Assisting
- Medical Billing and Coding
 - Office Administrative Professiona
 - Patient Care Technician
 - Tourism & Hospitality Operation



Administered by New York City College of Technology (CUNY)

SUNYBEOC.ORG

111 Livingston Street | Tel 718-802-3344 | Email admissions @beoc.cuny.edu Brooklyn, NY 11201 DIRECTIONS: All trains and buses to Metro-Tech and Borough Hall are a short walking distance of BEOC.











Anthony Carrión

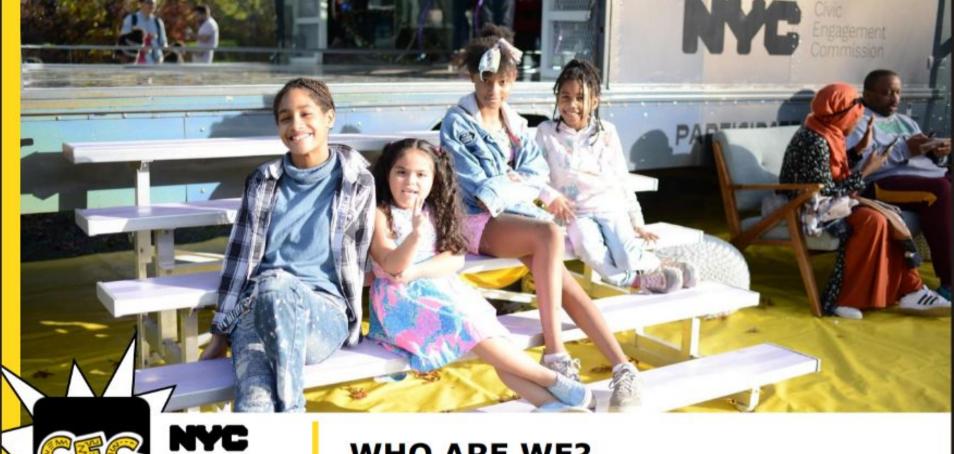
Community Engagement Specialist at the NYC Civic Engagement Commission.

Anthony is a second-generation New Yorker, born and raised in Harlem to parents who immigrated from Ecuador. He believes by excavating our histories and serving others we restore the human connections that make ideas like community, society, and democracy possible.



Community Engagement Specialist at the NYC Civic Engagement Commission.

Originally from the Bahamas, descendant of Haitian immigrant parents. Her passion and work centers on civic diversity, equity and inclusion for our city's most vulnerable, historically underserved and underrepresented communities.



Civic Engagement Commission

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WHO ARE WE?



NYC Civic Engagement Commission



- Voters established the NYC Civic Engagement Commission (CEC) through a November 2018 ballot initiative that revised the NYC Charter, our city's constitution.
- The CEC is the first democratically elected commission responsible for restoring civic trust and strengthening democracy by promoting inclusive civic participation for all New Yorkers.
- Areas of Focus:









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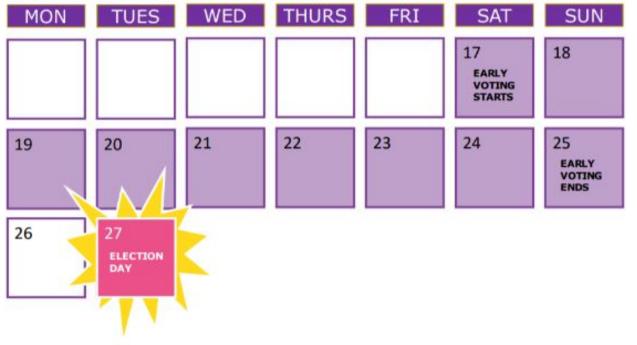






Important Dates for Upcoming Election

JUNE 2023







Elected Offices

			(P)	000
	EXECUTIVE	LEGISLATIVE	JUDICIAL	MISCELLANEOUS
FEDERAL	х	x	x	x
NY STATE	х	x	x	x
NYC	x	• <u>City Council</u>	 <u>District Attorney</u> (BX, QN, SI) <u>Civil Court</u> 	 Delegates to the Judicial Convention Party Positions





 Register to vote online by scanning the QR code



VOTER REGISTRATION

- Register to Vote with NYS ID (driver license, permit, or non-driver ID):
 - Turbo Vote: <u>nycvotes.turbovote.org/</u>

Register to Vote without NYS ID:

- You can complete a voter registration form and mail it to the Board of Elections. You can also visit your Borough Board of Elections office to register in person.
 - Download Voter Registration Form <u>here</u>
 - Find your Board of Elections office here
- Check Your Registration Status:
 - Online: <u>nycvotersearch.com</u>
 - Call the Board of Elections at
 - 1-866-VOTE-NYC (1-866-868-3692)



Become a Poll Site Worker!



- The Board of Elections in the City of New York is hiring Poll Workers to serve at poll sites across New York City. Become an Election Day Worker and you can earn up to \$2,750 for working up to 10 days
- Roles:
 - Election Inspector
 - Interpreter
 - 17-year-old Poll Worker
- How to Apply:
 - Apply Online
 - Download an Application
 - Questions?:
 - If you have any questions, call:
 - <u>866-VOTE-NYC (866-868-3692)</u>



Candidate & Ballot Research



How do I research candidates?

- Visit <u>nycvotes.org</u> and select the "Meet the Candidates" tab.
- Be sure to explore the candidates' websites to learn more about them and ways to stay updated.

How do I research my ballot?

- You can visit the following websites:
 - NYC Votes: "What's on the Ballot?"
 - <u>Ballotpedia</u> (for general elections):
 - Lookup your personal sample ballot using your home address <u>here</u>.







Participatory Budgeting: A Brief History



- Participatory Budgeting or PB is a democratic process in which community members decide how to spend part of a public budget.
- PB started in Porto Alegre, Brazil in 1989 as an anti-poverty measure and has been implemented over 11,600 times in states, counties, cities across the world!
- PB has been run on a NYC City Council level since 2011, and is known as PBNYC.
- This year marks the first time PB has been run citywide by the CEC, a process called The People's Money!



Participatory Budgeting: The People's Money



- For the first time ever, the CEC is implementing a citywide participatory budgeting process in which all New Yorkers 11 years of age and older, regardless of immigration status, can decide how to spend \$5,000,000.00 of the Mayor's expense funds for local community projects created, vetted, and voted on by the public to address community needs.
- The CEC is running 2 processes:
 - A borough-based process for boroughwide expense projects, and
 - 2. A local neighborhood process in the 33 Equity (formerly TRIE) neighborhoods. The \$5 million is divided between these processes.



[1] Funding Allocation: Borough-Based Process



- CEC is running a borough-based process for boroughwide PB . projects
 - \$3,350,000 of the \$5 million in funds will be allocated for . borough-wide projects
 - Allocation by borough: .
 - The Bronx: \$800,000
 - Brooklyn: \$1,000,000
 - Manhattan: \$525,000 \$850,000
 - Queens:
 - Staten Island: \$175,000
- To address equity issues, funding allocations were weighted by ٠ both population and poverty levels



Borough Projects: Brooklyn

Parenting Education Program for Single and Teen Parents (\$250,000)

Providing resources, training and supplies to single teen parents to develop effective parenting skills. There are many young parents in Brooklyn without access to the resources necessary for successful parenting.

Field Trips for Elementary and Middle Schoolers (\$250,000)

After-school programs for elementary and middle school students so they can experience more field trips highlighting the environment, nature, and getting outdoors. Students learn better in varied settings.

STEM For Black and Latinx Youth (\$250,000) Program funding for STEM project-based, interactive after-school programs for middle schools and high schools with greater than 80% Black and Latinx youth to increase their representation in STEM fields.

Strengthen Mental Health Programs for 9-13 Year Olds (\$250,000)

A program to give middle school students access to resources to express themselves and teach coping mechanisms for dealing with mental health difficulties.

Entrepreneurship Program for Formerly Incarcerated Youth (\$250,000)

An innovation center where formerly incarcerated young adults receive training and mentorship to develop their business ideas, culminating in a competition for the best ideas, with up to \$20,000 awarded to the winning idea.

Delivery of Nutritious Meals for Homebound Seniors (\$250,000)

A program that focuses on delivering home-cooked, culturally sensitive, and healthy meals to homebound seniors.



Borough Projects: Brooklyn

Self-Defense and De-escalation Classes for Youth (\$250,000)

De-escalation and self-defense training for 9-13year-olds in neighborhoods with high rates of violence that are lacking programming to address it.

Youth Run Farm Stands to Fight Food Insecurity (\$250,000)

Funding to start youth-run gardens and farm stands in underserved neighborhoods in Brooklyn. This would bridge the connection between eating fresh food and preventing diseases while engaging youth and the community. Intergenerational Mentoring Program (\$250,000) A program where youth are mentored by seniors who provide career advice and share life experiences. All participants would receive incentives and a stipend for their participation.

Health Benefit Information For Seniors (\$250,000) A program to provide seniors with in-depth information on health care plans to increase their understanding and utilization of health insurance and preventative care measures.





[2] Funding Allocation: Neighborhood-Based Process



- CEC will continue to sustain a local process in the <u>33 Equity</u> (formerly TRIE - Taskforce for Racial Inclusion and Equity) neighborhoods
- \$1,650,000 of the \$5 million in funds will be allocated for the 33 Equity neighborhoods (\$50,000 each)
- Equity (formerly TRIE) neighborhoods refer to the hardest-hit communities during the pandemic.
 - At the time the Taskforce was established, these communities accounted for over 50% of all the City's COVID-19 cases.
 - These neighborhoods also include communities that have a high percentage of other health and socioeconomic disparities.



Neighborhood Projects: Bedford-Stuyvesant

Von King Park Programming (\$50,000)

Provide programming and events at the new facility in Herbert Von King Park to create more opportunities for the community to engage there.

Teaching Bed-Stuy History (\$50,000)

This afterschool program will have students in grades K-8 research and document the history of Bed Stuy and culminate in a final event coinciding with Black History Month.

Show Pride in Our Community (\$50,000)

This project includes workshops, film screenings, and other events to increase the overall pride of the residents of Bed Stuy. Activities and classes would allow the community to share the history and legacy of the neighborhood.

Classes on Civic Engagement (\$50,000)

Educational programs for the community. Classes on the importance of voting including education on elected officials and their duties. Information will also be provided on public safety, housing, and senior centers.

Alternatives to Violence for Youth (\$50,000) Create a safe space for youth to support them in moving away from violence and in finding productive life paths and jobs. This project will provide skills like non-punitive techniques for violence interruption and peace circle trainings.



Neighborhood Projects: Bushwick

Cultural Cooking Classes (\$50,000)

A program to connect seniors and youth by engaging them through cooking, storytelling, and cultural exploration. Seniors and youth will cook together while sharing their culture. This project aims to strengthen ties in Bushwick.

Women's Period Health (\$50,000)

This program aims to address some of the inequalities women face and have conversations about women's health. The program will supply women with pads, tampons, and other supplies to support them during their periods.

Mental and Physical Health Resources (\$50,000) A program to raise awareness and connect Bushwick residents to mental and physical health resources. The aim is to start conversations around mental health and reduce stigma while also supporting a person's overall well-being.

Youth Job Preparation and Financial Literacy (\$50,000)

An after-school program that will prepare youth for the workforce through a series of workshops. There will be a focus on financial literacy throughout the program. This program will help students help themselves and Bushwick.

Youth Civic Engagement Initiative (\$50,000)

An after-school civic engagement program for high school students. It will educate them on city government and the role they play in their community. Students will participate in a civic engagement project focusing on local issues.





Phase 3: Voting



Dates

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May 10th - June 25th

Eligibility

- You are 11 or older
- You reside in NYC

Ballots

- 1. You will vote on the ballot for the borough you live in.
- If you live in one of the 33 Equity neighborhoods, you will also be able to vote on a ballot for your neighborhood.



[1] Voting Online

	Choose your	language	
	English .		*)
1	Welcome to The F	eople's Mone	y!
	e Paople's Money Is NPC's R Process. You have an opport roted by fellow New Yorker of the budget sh	tanity to vote on pros and decide how a pr	PCIS .
1.0	indenstand that to vote in T	he People's Money, I	rust
	+ Live in NYC.		
	 Be at least 1 	t years old.	
	 Dely vote or 	ve time.	
ly voting in this	process. Lafforn that these voting regal		ind that i meet the
	Please submit your zip co ballots you are		ich
	1000		
	(6) Find m	i talihini -	

- Voting online is easy. Starting May 10th, visit <u>on.nyc.gov/pb</u> and follow the steps below:
 - 1. Select the language you want to vote in.
 - 2. Enter your zip code of residence.
 - Enter your cell phone number to receive a code to validate you are only voting once. Please note: your phone number will **not** be stored or accessed by the CEC.
 - Read through the projects on your ballot and select the projects you want to vote for. At the bottom of the page, click submit when you are done.
 - 5. After voting, you will be asked to complete an optional survey.





[2] Voting by Paper Ballot

Official Ballet - The People's Honey 2023 꽳 -HOPLE'S . 10°C Cvix forgagement Commission Quient. Vote For Projects Developed by Your Job Training for Websured People /0/01/03 Community people. The program solubly previde personal Thank you for voting in New York Day's first highly a resources in the hear outs or shinewist. strywide Participatory Budgitting process. All New intertaine grap, and resume sheet spread. Varians 11 and older, regardless of ottomship Self Defense Training for Yuknesskie Croups status, are eligible to yote. Choose the projects 180500-0000 you feel are best for your community. . Self-defense, do-escalation, hyriander intervention and base or public matrings to combat have ended product reduces. This will alternately local I understand that to vote in The People's Money, I must: community safety without satisfant tion' imatuments · Lite in WYC. > Healthy Lifestyle Galdance for Kids (1210,000) · Drivvess makes. After school workshaps and close score for mobile . · Bould Inset 11 years shit. achonics regarding the imperiance of priper indefinition, rent, searcher, and married and physical By vesting in 1976 process, 1 affirm from these statements are frue and that creat the using republication Public Hearing Yearth Council for Queers. (\$2565,056) *. You may write for an many projects as you want, . An afterial second spand menocolity, program · The top 3 projects will be functed. for yearsh in pacific reasoning. This will focus on Ho carráctero. Asil for a rese paper indeast. teaching community organizing, over engagements · Please the lost \$110 the paper. and advicency. The state of the second st EXAMPLE this program will teach a youth cohort all sal Kort on X in the loss to salest an collars. repering, and supporting a scholl business by providing basic management and interpertance Ruthealtanal Festivals (1211/2010 skills pach as budgeting. Friing, marketing, and This property was did available feathoats, and right-WEADWARD. markets acress Queens. The markouthorial Pentrusk. would have prevent the throught observing. mahares, and knowly through art and makes. Spanish Cassan for New Spanish Speakers state inter-This priced you til privable Sparith for gauge classes for row Canride, and story an ander to ung new parties and datase between chickness results to and strongthan constants to and exclusion. whether the second Parent Support and Welfment Services (55/55/202 Wee and accessible patential support with a sarly child bood commissioners many achools. Services multiple checks on adjusted on classes, reflect ORcharlets, we wai health support, and support gris.get. Continuing Career Development for Non Test im ignamities / ALATEL 2003 Assistance for knongramic who want to commun they'r chinesene in this Linkert Scatte ill month. solidage to further their starting, transfer credits and diploment, and actual re-bearment.

- Voting in-person is also easy. See where you can vote below starting May 10th!
- Visit a vote site in your neighborhood: (more being added!)
 - on.nyc.gov/pbvotesite
- Visit us at one of our pop-up vote events:
 - on.nyc.gov/pbvoteevents







 Find out more by scanning the QR code or go to <u>participate.nyc.gov</u>



Get Involved!



Post Online: Everyone can use the CEC's digital toolkit to post on social media and email their networks.

View here: on.nyc/gov/pbvotetoolkit



For Organizations: Organizations and groups can invite CEC staff to attend their event/meeting/forum to lead a voting activity, or groups can request paper ballots to organize their own activities.

Sign up here: on.nyc.gov/pbvoterequest



For Individuals: Individuals can volunteer with us to canvass and table at events with paper ballots!

Sign up here: on.nyc.gov/cecvolunteer



OPPORTUNITIES TO VOLUNTEER

 Sign up for a volunteer session by scanning the QR code or go to <u>on.nyc.gov/cecvolunteer</u>



Get Involved!

- The CEC is looking for volunteers for our DemocracyNYC, Poll Site Language Assistance, and Participatory Budgeting programs.
- Please use our digital toolkit to advertise on social media, in newsletters, etc.
- Email us at <u>dbotting@civicengagement.nyc.gov</u> if you have questions or would like to discuss how you might support our volunteer push!





CEC Outreach Director

- Barbara Williams
 - <u>bawilliams@civicengagement.nyc.gov</u>

CEC Community Engagement Specialists

- Samira Zeru, Queens
 szeru@civicengagement.nyc.gov
- Ivie Bien-Aime, Brooklyn
 ibienaime@civicengagement.nyc.gov
- Dan Botting, Staten Island
 <u>dbotting@civicengagement.nyc.gov</u>
- Anthony Carrión, Manhattan/Bronx
 - ancarrion@civicengagement.nyc.gov
- Catherine Gao, Manhattan/Bronx
 - clgao@civicengagement.nyc.gov



@NYCCEC | nyc.gov/cec











<u>Academy Leaders</u>

REACH OUT TO YOUR SCHOLAR'S ACADEMY LEADER IF:

9th Grade	Ms. Helliger	ahelliger@thewcs.org
10th Grade	Mr. Combs	lcombs@thewcs.org
11th Grade	Mr. Mack	JMack@thewcs.org
12th Grade	Ms. Martin	smartin@thewcs.org

- Find out if your scholar needs to go to summer school.
- If you do not know what grade your scholar will be in next school year according to their credits.
- You do not know if your scholar is passing or failing classes.
- You know your scholar is failing and you do not know what to do about it.
- You think your scholar may have a Learning Disability.

CLASS OF 2023

CAP AND GOWN PICK UP AT WCHS

JUNE 23RD

AT 8AM-1PM

If for any reason you are unavailable to pick up your cap and gown on June 23rd, email smartin@thewcs.org and let me know your issue and we will go from there. ONLY

STUDENTS WHO HAVE MET GRADUATION

REQUIREMENTS BY JUNE 23rd 2023 may pick up their

cap and gown.

Si por alguna razón no está disponible para recoger su toga y birrete el 23 de junio, envíe un correo electrónico a smartin@thewcs.org y hágame saber su problema y comenzaremos desde allí.

SOLO LOS ESTUDIANTES QUE HAN CUMPLIDO CON LOS REQUISITOS DE GRADUACIÓN PARA EL 23 DE JUNIO Pueden recoger su toga y birrete



CLASS OF 2023



GRADUATION REHEARSAL

JUNE 26TH

AT 8AM-12PM

HUNTER COLLEGE

Please be ON TIME!

Student lateness will prolong our rehearsal it

is imperative that everyone is ON TIME!

¡Por favor, sé puntual!

¡La tardanza de los estudiantes prolongará nuestro ensayo, es imperativo que todos lleguen A TIEMPO!

SAVE THE DATE

2023



TUESDAY, JUNE 27TH 11AM

HUNTER COLLEGE

Students will arrive at 9am and family members

(with a ticket) may arrive by 10am.

Families without a Ticket will not be admitted.

Lost tickets may not be replaced.

At this time families will receive 4 tickets.

We will inform students/ families if more tickets become available.

Los estudiantes llegarán a las 9 am y los miembros de la familia (con boleto) puede llegar a las 10 am. No se admitirán familias sin Entrada. Los boletos perdidos no pueden ser reemplazados. En este momento las familias recibirán 4 boletos. Informaremos a los estudiantes/familias si hay más boletos disponibles. Need to get in better shape for sports?

Want to work on your game this summer?

Scan the QR Code--> and sign up for our WCHS summer sports training camps!





For More Information, Find Mr. Combs in <u>Room 410</u> or Email <u>Icombs@thewcs.org</u>



¿Necesita ponerse en mejor forma para los deportes?

¿Quieres trabajar en tu juego este verano?

¡Escanee el código QR--> e inscríbase en nuestros campamentos de entrenamiento deportivo de verano de WCHS!





Para más información, Encuentre al Sr. Combs en <u>la</u> <u>habitación 410</u> o envíe un correo electrónico a lcombs@thewcs.org

MS. PINK'S NEWS, TIPS FOR OUR COLLEGE BOUND STUDENTS & POSITIVE VIBES

Ms. Pink's Dress Giveaway for Graduation, College & Beyond

IT WAS A HIT!!!!















Ms. Pink's Tips for Incoming College

Freshmans & their Families.

1. Time Management



Students are in class much less in college than in high school, therefore, you will need to manage your time better with studying during your down time. You will also need to manage your time with personal, work, athletic, and academic responsibilities with more free time between classes. Use a planner, calendar or app to help stay organized.







2. Meet People



The first people you meet will not necessarily be your best friends. Keep meeting people throughout your first year on your floor, dorm, cafeteria, campus events, at the gym and in the classroom. The more people you meet the easier it will be to find 'your people.'

3. Use the Tutoring Center

You will have less daily homework and more long-term assignments, like essays, more significant projects, and more extensive tests. Utilize the tutoring center on campus to help prepare for tests and use the writing center to help write articles and papers.



4. Join Clubs

Join clubs that are of interest to you. You will meet people with common interests and you will gain experience in a field that you are interested in.

5. Exercise

Get your rest and make sure to take care of yourself. Students need to balance their lifestyle with exercise and getting enough sleep. A short nap is a good idea for many. Hydrate too!

6. Meet with Faculty

Make use of faculty office hours. The better you get to know your professors, the better you will do in the class. And you never know if/when you may need a letter of recommendation from a professor! Go to faculty office hours!

7. Don't Overpack

Bring what you need and that's it. You do not need to bring everything all at once unless you are traveling far to college. Regardless, do not buy extra stuff for your dorm room that you do not need.



8. Go to Career Services

Go to the office of career services early! Don't wait until senior year to visit this office. Go early and get help with your resume. Learn about internship and job possibilities. You

can prep for interviews there as well.



9. How Often to Call Mom



At first you may FaceTime or call on a daily basis. Yes, always check in with your mom but set a day & time to catch up. Create a safe word too, when texting & phoning so your family would know that you need help or that something is wrong. Building independence is vital during those first few weeks of freshman year. You are going to be ok. You've got this!

10. Be Kind to Yourself

You will have a period of adjustment during your first semester. You will feel homesick at some point. Be kind to yourself and seek out someone to talk with, like an RA, if need be.



How to Pack for College:

Ms. Pink's Tips For Your Freshman





Label away.

With a jumbo sharpie and Frogtape, label all the various moving boxes, containers, boxes, and bags with student's name/room/dorm name. This tape sticks to everything and leaves no duct tape adhesive behind.





Wash and pack all clothes and bedding.

Pack clothes in **Blue IKEA bags (it's the #1 must have dorm item for move in day)**.

Hanging clothes can be grouped in similar length, by small bundles and tied together with a trash bag /garment bag.



Fill plastic storage bins and drawers with lightweight clothing and misc. items.

Tape drawers shut when each space is filled completely.

Pack shoes together.

Wines Boxes are perfect to pack shoes (empty boxes stored in front of stores for the taking), I scored a couple of heavyweight case boxes with built-in dividers for my college student. These make fantastic shoe holders.



SPECIAL PACKING NOTE: PACK: EXTRA LONG TWIN SIZE SHEETS, COMFORTER, MIRROR MATTRESS COVER (CHECK MATTRESS FOR STAINS AND BED BUGS) GET TO YOUR ROOM EARLY TO SELECT YOUR SIDE OF THE ROOM. CHECK WITH YOUR COLLEGE ON ACCEPTABLE ROOM DECOR AND APPLIANCES

College Move-In Day: Ms. Pink's Pic's That Will

Save Your Life!

1. Ikea Storage Bags

These bags are THE secret to move-in success. Lightweight, durable, and easy to stack in the car, these bags can be used for under-bed storage, can function as a laundry bag, or can be folded and ready to be packed up when you move out your kid next spring.

2. <u>Four Wheel Folding Platform</u> <u>Cart</u>

A platform cart or a dolly, they're enormously helpful for getting your stuff where it needs to go. This will make college move-in day go so much smoother!





3. Surge Protector

You can never have enough power in a dorm room and many do not allow extension cords. This surge protector has a 6-foot cord, 12 outlets, and 2 USB ports.



4.<u>Fan</u>

August is a very hot month and many dorms are not air-conditioned. Bring a fan and set it up first to keep all of you a little cooler during the move-in. This one is the #1 recommended fan.



5. First Aid Kit

I recommend putting together your own, with all the first aid and cough/cold medicines your family prefers. But if you want to be covered with the basics, getting a set this like will do the trick.



<u>6. Water bottles and</u>

<u>snacks</u>

These will come in handy, too. Since college students need to have water bottles, think about packing a new Hydro Flask water bottle that offers a wide selection of styles and sizes that are perfect for your students. For long days on campus, studying at the library, sports practice, bike rides, workouts, hiking, or walking to class, Hydro Flask water bottles are excellent for your teen keeping drinks cold or hot for the entirety of the day.



7. Command Hooks and Strips

Command strips and hooks for "hanging" things on walls are very popular; they peel off easily without ruining the walls. Note: Check the "residence life" section of the college website to see if these are allowed.

<u>8. Cleaning supplies</u> / Facemasks

Fill a bucket with cleaning supplies such as Clorox wipes, trash bags, and shelf liners because you may want to wipe everything down. P.S. Don't forget to pack Facemasks.







The Legal Documents You Need When Your Child Turns 18 What You May Need In A Medical Emergency

1. Health Care Proxy (also referred to as a healthcare agent or medical power of attorney, a healthcare power of attorney, or durable power of attorney for health care)

This authorizes someone to make medical decisions on your teen's behalf and it gives you access to your medical records and the ability to converse with their medical health care providers. By signing a healthcare proxy, your teen is appointing you to act on your behalf in making medical decisions in case you cannot make those decisions for yourself.

Each state has different laws that govern the execution of a healthcare proxy (state laws differ on whether a medical proxy has to be notarized or merely witnessed). And, therefore the legal form you sign will be specific to the state where it will be used. In many states, the HIPAA authorization is rolled into the standard medical proxy form. In addition, a healthcare proxy can include a Living Will or you can execute a separate document stating your wishes for end-of-life medical treatment.

2. <u>HIPAA (Health Insurance Portability and Accountability Act)</u> authorization (also called a HIPAA release)

This is a more narrow document in that it permits healthcare providers to disclose your teen's healthcare information to you or anyone they specify.

This document alone will often suffice for you to get information from the health care institution treating your child. In a HIPAA authorization, a young adult can stipulate that they don't want to disclose information about sex, drugs, mental health, or other details that they prefer to keep private.

When You Should Get These Documents?

You should prepare these documents ahead of time because it may take time to get everything in order including notarization (although not every state requires notarization.) Once kids take off for school it may be hard to get their attention, so be mindful of that.

What Else Changes When Your Teen Turns 18?

When your teen reaches the age of 18, even though you may still think of them as children, under the law they have now achieved adult status. That status allows them to vote, serve in the military, serve on a jury, sign a contract, and get married without your consent. Although they still can't do certain things, like drink alcohol or rent cars, their legal status is decidedly different than it was at 17.

- 1. All males with US citizenship (with very few exceptions) **must register for the selective service** upon reaching the age of 18.
- 2. Although not required, this is a great time for your kids to **register to vote.**
- 3. When your children turn 18, you no longer automatically **have the authority to make healthcare decisions** for them. And this is true even if they are still covered by your health insurance and you are paying the bill. This means that if your child has an accident or illness and is temporarily disabled, you may need court approval to act on their behalf or even to be informed of their medical status.
- 4. Despite the fact that you are paying for their education, **the FERPA law says you no longer have access to your child's grades once they turn 18.** That's right, you can call the registrar and ask to see your 18-year-old's transcript and they will not share it with you even though you're the one signing the tuition checks.
- 5. You can no longer manage money for your children once they turn 18.



Off to College Checklist



DORM ROOM

- Complete all housing information, deposits, and surveys.
- Coordinate with roommates or suitemates on who brings what (mini fridge, microwave, coffeemaker)? Is there a theme to the room?
- FaceTime roommate before move-in.
- Purchase dorm necessities, leaving optional items until after move in.
- Find dimensions of housing (on university website) and what items are provided (eg, desk chair, floor lamp...) to students, find out if the beds are loft or bunk beds.
- Find out what items are banned in the dorm.
- Read over the housing agreement to learn about the dorm rules.
- Get dorm or apartment insurance, if required.



Complete medical and financial power of attorney and HIPAA forms.

HEALTH AND WELLNESS

- Find local mental health providers, if needed.
- Find local health care providers, if needed.
- Will prescriptions need to be changed if they are out of state?
- Contacts/glasses prescriptions.
- Complete any health care forms.
- Check about opting out of college health insurance by providing proof of family's health insurance (missing this opt out can mean unnecessary insurance costs).
- Health and dental insurance documents.
- Check that all vaccines are up-to-date.
- Have physical and dental exams before leaving home.
- Locate the closest ER and urgent care facility and put phone numbers into phone.
- Create an Uber/Lyft account in case they need a ride to a doctor.

Create a complete First Aid kit.

BECOME A MEMBER OF THE PARENT LEADERSHIP COUNCIL (PLC)

** 1/ **

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Ayuden a Construir Nuestra Comunidad Escolar. ;;;;;Su Voz CUENTA:::::

POSITIVE VIBES FROM MS. PINK

YOU ARE LOVED YOU ARE NOT A BURDEN YOU ARE A GIFT TO THIS WORLD YOU ARE MORE THAN YOUR TRAUMA YOU ARE MORE THAN ENOUGH YOU WILL MAKE IT THROUGH THIS YOU ARE NOT DONE YET YOU MATTER

THINGS TO KEEP DOING

Putting your

happiness

first

Spending time with your loved ones

Workīng towards your goals Focusing on what you can control

Enjoying the little things in life

Helping

others

when you can



PARENT LEADERSHIP COUNCIL FATHER'S DAY PLC Raffle Enter to win a \$25 Gift Card



YOU MUST BE AT THE NEXT PLC MEETING JUNE 22nd, 2023 @ 6pm TO WIN

There will be 4 Winners

ENTER NOW !!! Gift Cards to AMAZON, UBER OR DOMINOS. RAFFLE DEADLINE IS: JUNE 16TH, 2023

To enter the Raffle email the PLC at plc@thewcs.org



Include:

1. Your Full Name

Your scholar's Name, Grade & Student ID Number

3. The word "DEAR DAD"

RAFFLES ARE ONLY OPEN TO WCHS CURRENT FAMILIES.

Only one entry per family. You must be present at the entire meeting for the raffle. If you are not in attendance, another name will be drawn.



PLC MARCH 2023 RAFFLE DRAWING!!!





Price for flamen

Thanks!

PLEASE REACH OUT TO US IF YOU HAVE ANY QUESTIONS OR CONCERNS AT: Do you have any questions?

PLC@THEWCS.ORG & MS. PINK AT MPINK@THEWCS.ORG



DID YOU GET THE PHONE CALL??? COME JOIN US! VIRTUAL PARENT LEADERSHIP COUNCIL (PLC) MEETING THURSDAY JUNE 22ND 2023 AT GP

Our Guest presenters will be The State University of New York Brooklyn Educational Opportunity Center (BEOC), BEOC offers tuition-free programs which provide professional and educational training as a pathway to a career, a high school equivalency diploma, improvement in English proficiency, or preparation for college, BEOC offers the following programs: Academic Programs: College Preparation, English as a Second Language, GED, Pus Career and Technical Programs: Direct Support Professional, Medical Assisting, Medical Billing and Coding, Office Administrative Professional, OSHA Certification, Patient Care Technican, Security Guard Training, Tourism and Hospitality Operations

Our second Guest prestenter will be NYC Civic Engagement Commission (CEC). CEC's outreach efforts includes conducting programming and partnerships with other City agencies & schools to increase awareness and access to city services, Civic 101 Workshops and Voting, Our PLC President Ms. Bowens will provide families school updates & Ms. Pink will have resources for our families. Remember if you miss a PLC meeting, you miss a lot.

CHECK YOUR EMAIL FOR LOGIN INFORMATION CONTACT MS, PINK FOR DETAILS AT MPINK@THEWCS.ORG