



SEPTEMBER NEWS
& RESOURCES
FROM YOUR
PARENT
COORDINATOR
MS. PINK

**FALL EDITION
2023**

Hello Families,

It's your Parent Coordinator Ms. Pink. I hope all is well with you and your family. Welcome Back to School for the 2023- 2024 school year !! I wish you and your scholar an Amazing school year. I put together this resource packet with some Amazing resources just for you. Scroll through the entire packet. Remember I'm just an email away. You can reach me at mpink@thewcs.org





**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...**

A decorative border surrounds the central text. It features stylized orange and red flowers, green leaves, and colorful swirls in yellow, orange, and red. Small colored dots are scattered throughout the design. The entire graphic is set against a white background with faint horizontal lines, all enclosed within a yellow border.

SCHOOL NEWS



WILLIAMSBURG
CHARTER HIGH SCHOOL

OUR HEADS OF SCHOOL



Mr. Bashir
Head of School



Ms. Jacobson
Head of Operations

Uniform Policy

Black Pants: Jeans, Chino pants, Shorts and Skirts (Shorts and Skirts need to be knee length).

NO NON UNIFORM SWEATSHIRTS!

WCHS Shirts/Polos: Students are allowed to wear any WCHS tops on any given day of the week.

School ID Card: Students are required to wear their ID on their necks at all times.



School Uniform Items!



Fully Charged Chromebook



CHECK YOURSELF: ARE YOU IN UNIFORM?

Tops

Uniform polo, inspiration tees, team uniforms (with sleeves!)



Team uniforms with exposed arms, non-uniform tees, other color tops



Layers

Uniform track jacket, uniform pullover, black zip up worn open with no hood



Hoodies, non-black zips, coats



Bottoms

Black pants, professional length black shorts and skirts



Ripped or torn pants, non-black pants, athletic shorts or sweatpants



Shoes/Accessories

Green, black, white, or gray shoes in any combination of colors; Religious headcoverings



Sandals, crocs, other color sneakers
NO HATS OR DURAGS



SHOW YOUR WOLVERINE PRIDE



NO PHONES IN CLASS!!!



WE ARE A NO PHONES SCHOOL

Phones are **ONLY** allowed during the LUNCH period
At all other times, phones must be away (in lockers!)
Taking a phone out during class will result in a referral

1

STRIKE ONE

Accountability Community Time (aka: Detention)
Call home to parents

2

STRIKE TWO

All the above, PLUS: cell phone confiscated and must be picked up by a parent at 6:00 PM
Referral to the IFSC
Electronics contract for a month

3

STRIKE THREE

In School Suspension
Phone conference with parent and the Dean Team
Electronics contract for the YEAR



ACADEMIC EXCELLENCE REQUIRES FOCUS



WCHS P.R.I.D.E. CORE VALUES

PERSEVERANCE

Consistently strive toward excellence. The ability to work diligently, be patient, and never give up. Even if there are problems, you still continue. If at first you don't succeed try and try again.

INTEGRITY

Doing what you know is right to do even when no one is looking-- honor and honesty in academic and social interactions.

EMPATHY

Compassion for others. Considering the perspective of others.



RESPECT

The most important Core Value at WCHS. All community members are expected to demonstrate Self-Respect, Respect to Peers, Respect to Adults, Respect for Differences, and Respect for Property.

DISCOVERY

Embrace the diversity of our community, look for ways to contribute positively to those around you, explore solutions and respond to challenges with innovation.



WCHS's BELL SCHEDULE

PERIOD	MON	Mins	TUE	Mins	WED	Mins	THU	Mins	FRI	Mins
<i>BFAST/0</i>	7:15 AM	40	7:15 AM	40	7:15 AM	40	7:15 AM	40	7:15 AM	40
1	8:00 AM	45	8:00 AM	45	8:00 AM	35	8:00 AM	45	8:00 AM	45
2	8:50 AM	45	8:50 AM	45	8:40 AM	35	8:50 AM	45	8:50 AM	45
<i>ADVISORY</i>	9:40 AM	15	9:40 AM	15	9:20 AM	40	9:40 AM	15	9:40 AM	15
3	10:00 AM	45	10:00 AM	45	10:05 AM	35	10:00 AM	45	10:00 AM	45
4	10:50 AM	45	10:50 AM	45	10:45 AM	35	10:50 AM	45	10:50 AM	45
5	11:40 AM	45	11:40 AM	45	11:25 AM	35	11:40 AM	45	11:40 AM	45
6	12:30 PM	45	12:30 PM	45	12:05 PM	35	12:30 PM	45	12:30 PM	45
7	1:20 PM	45	1:20 PM	45	12:45 PM	35	1:20 PM	45	1:20 PM	45
8	2:10 PM	45	2:10 PM	45	1:25 PM	35	2:10 PM	45	2:10 PM	45
9	3:00 PM	55	3:00 PM	55			3:00 PM	55	3:00 PM	55

LUNCH



Class of 2026

Academy Leader:
Angie Helliger
AHelliger@thewcs.org
Guidance Counselor:
Chered Spann
cspann@thewcs.org
Intervention and Family Support Counselor
Alejandra Aburdene
AAburdene@thewcs.org

Class of 2024

Academy Leader:
Shante Martin
SMartin@thewcs.org

Guidance Counselor:
Kelly Leprohon
ktraub@thewcs.org

Intervention and Family Support Counselor
Brooke Bolnick
bbolnick@thewcs.org

Dean's Team

Dean
Rodney Guzman Cruz
RGuzmanacruz@thewcs.org
Assistant Dean 9th and 10th
Tiffany Pratt
TPratt@thewcs.org
Assistant Dean 11th and 12th
Natasha Robinson
NRobinson@thewcs.org

Class of 2027

Academy Leader:
Angie Helliger
AHelliger@thewcs.org
Guidance Counselor:
TBA
Intervention and Family Support Counselor
Ms. G
BGozikowski@thewcs.org

Class of 2025

Academy Leader:
Shante' Martin
SMartin@thewcs.org
Guidance Counselor:
Samantha Sales
ssales@thewcs.org
Intervention and Family Support Counselor
Elodie St. Fleur
estfleur@thewcs.org

Additional Support

Instructional Academy Leader:
Janelle Holford
JHolford@thewcs.org
Arturo Giscombe
agiscombe@thewcs.org

SNAS/ ENL
Melissa Wade
MWade@thewcs.org

5th Year Guidance Counselor:
Renee DeLyon
rdelyon@thewcs.org

College and Career Counselor
Abeje Leslie- Smith
aleslie@thewcs.org

Athletics and Safety Support
Lawrence Combs
lcombs@thewcs.org

ADDITIONAL SUPPORT:

FAMILY & COMMUNITY ENGAGEMENT DEPARTMENT:

**PARENT
COORDINATOR**
MELODY PINK
mpink@thewcs.org

**ENROLLMENT
COORDINATOR**
JUSTIN USHER
jusher@thewcs.org

NYS GRADUATION REQUIREMENTS

44 Credits

- English: 8 Credits
- Mathematics: 6 Credits
- Social Studies: 8 Credits
- Science: 6 Credits
- Language Other Than English: 2 credits
- Art/Music: 2 Credits
- Physical Education: 4 Credits
- Health: 1 Credit
- Electives: 7 Credits

Regents Examinations (5):

1. English
2. Mathematics
3. Social Studies
4. Science
5. Plus One

A Score of 65 is necessary to pass the examination for graduation.



Senior Portraits



Senior Portraits started in August and are ongoing until September.

Didn't take your picture?

Call the Studio, Ron Jordan Natoli
at 718-797-1913

Questions about pictures?

Call the Studio at 718-797-1913

Senior Dues

Includes:

Senior Festivities/Events

Senior Awards Night

Graduation (Will be held on June 27th)

Diploma Case

Yearbook

Cap and Gown

Senior T-Shirt

\$250

PAYMENT DUE:

Friday, February 9, 2024

Forms of Payment:

Money Order made to
"Williamsburg Charter High
School"

Electronic Form of Payment

Zelle Account to

kfernandez@thewcs.org

A vibrant, colorful border surrounds the central text. It features stylized orange and yellow flowers, green leaves, and swirling lines in yellow, orange, and green. Small dots in various colors are scattered throughout the design. The entire graphic is set against a dark red background with a subtle blue floral pattern.

COMMUNITY HAPPENINGS & RESOURCES



Parent Council Monthly Meeting

Wednesday, September 13th, 2023

6:00-7:00 p.m. | Live on Zoom | Live Spanish translation provided.

- **Presentation on Perception vs. Reality** by the dynamic Sam Radford, Buffalo Education & Equity Task Force
- **Want to Help Lead:** Learn how you can join the NYS Charter Parent Council Executive Board!
- **Updates:** Learn about important updates happening in your regions, advocacy training, and more.

GET
READY

WELCOME
BACK

Join the meeting by scanning this QR code or clicking this link: qr.fy.com/p/23-24PCMeetings



Follow our social media pages for updates, information, and more by scanning this QR Code or clicking on this link: <https://qr.fy.com/p/PCSocial>



Reunión mensual del consejo de padres
Miercoles, Septiembre 13, 2023



CONSEJO DE PADRES CHARTER
DEL ESTADO DE NUEVA YORK

TU VOZ. TU ELECCIÓN



Reunión mensual del consejo de padres

Miercoles, Septiembre 13, 2023

6:00-7:00 p.m. | Vivo por Zoom | Se proporciona traducción al español en vivo.

- **Presentación sobre percepción versus realidad** a cargo del dinámico Sam Radford, Grupo de Trabajo sobre Educación y Equidad de Buffalo
- **Quiere ayudar a dirigir:** ¡Aprenda cómo puede unirse a la Junta Ejecutiva del Consejo de Padres Charter del Estado de Nueva York!
- **Actualizaciones:** obtenga información sobre actualizaciones importantes que se llevan a cabo en sus regiones, capacitación en promoción y más.

GET
READY

WELCOME
BACK

Únase a la reunión escaneando este código QR o haciendo clic en este enlace: qr.fy.com/p/23-24PCMeetings



Siga nuestras páginas de redes sociales para obtener actualizaciones, información y más escaneando este código QR o haciendo clic en este enlace: qr.fy.com/p/PCSocial



RESTORATION PRESENTS...

**BKLYN
ROCKS**

**50TH ANNIVERSARY:
"JOURNEY THROUGH HIP HOP"**



**BKLYN
ROCKS**

Friday, September 29, 2023 | 7-9PM

The Hip Hop Symposium

@ THE BILLIE HOLIDAY THEATRE

- HIP HOP & CIVICS
- HIP HOP: BEHIND THE CURTAIN

*AFTER PARTY HOSTED BY RALPH MCDANIELS OF VIDEO MUSIC BOX | 9-11PM

*PANELISTS TO BE ANNOUNCED

Saturday, September 30, 2023 | 12-6PM

Music Festival

- DJ TRAUMA, STRETCH ARMSTRONG & MISTER CEE!
- VENDOR VILLAGE
- HIP HOP ACTIVATIONS
- ART INSTALLATIONS
- ROLLER SKATING RINK
- & MORE!

FULTON STREET BTWN MARCY AND BROOKLYN AVE



SCAN HERE FOR MORE BKLYN ROCKS DETAIL
VENDOR OPPORTUNITIES AVAILABLE



RSVP (LIMITED SEATING)



RESTORATION PRESENTS...

**BKLYN
ROCKS**

**50TH ANNIVERSARY
"JOURNEY THROUGH HIP HOP"**



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- HIP HOP & CIVICS
- HIP HOP: BEHIND THE CURTAIN

7PM-9PM @ THE BILLIE HOLIDAY THEATRE

AFTER PARTY HOSTED BY
RALPH MCDANIELS OF VIDEO MUSIC BOX
(RESTORATION LOBBY)



RSVP (LIMITED SEATING)

PANELISTS TO BE ANNOUNCED

Interested? Scan QR code &
Contact one of our Outreach
Specialists for more info!



CAREER NETWORK: HEALTHCARE



ARE YOU LOOKING TO BREAK INTO THE HEALTHCARE FIELD?

Enroll in a 10-Week Training Program to gain certifications, learn technical skills, and begin your career in healthcare with an internship all while receiving a weekly stipend!

Our fun, hands-on learning at Montefiore Medical Center, Hostos Community College, & NY Presbyterian-Weill Cornell will be at no cost to you.

GET CERTIFIED IN:

- ✓ PCT (Certified Patient Care Technician)
- ✓ CMA (Certified Medical Assistant)
- ✓ MAA (Certified Medical Administrative Assistant)
- ✓ CPR / First Aid



ENROLLMENT CRITERIA:

- 18 - 26 years old
- High school diploma or GED/HSE
- Access to reliable internet connection
- Fully Vaccinated

✉ PNCNH@PHIPPSNY.ORG

☎ 646.912.2419



Entry Level PLUMBING CLASS



DISCOVER &

LEARN :

- How to install a toilet
- How to change a bath fixture
- How to install a Kitchen fixture
- How to clear a drain
- How to unclog a toilet & much more

Free Course : 25 hours
Sept. 18th - Sept. 30th
Mon - Thur 6pm - 8pm &
Sat. 10am to 4pm

625 Quincy St.
Brooklyn NY 11221

Made possible by funding from National Grid via Project C



project c | nationalgrid

For More Info & to register contact Michelle at
718-399-0146 ext. 223 or mbostic@bsdcorp.org





NOW HIRING

\$18.00 per hour to start
Health benefits available

(for crossing guards working 20+ hours per week)

Work close to home
Summer work also available

For more information and to apply, please visit:
[NYPDRECRUIT.COM](https://nypdrecruit.com)



WE ARE HIRING



New Positions - Apply in Bio

- Recruitment Manager
- Enrollment Manager
- Junior Academic College Advisor
- Community Engagement Associate

Application Timeline

- Applications Due: Friday, September 22nd
- Anticipated Phone Interview: Monday, September 25th
- Anticipated In-Person Interview: Wednesday, September 27th.
- Start Date: Monday, October 16th

www.gatewayunewark.org | @gatewayunewark | 35 Treat Place, Newark, NJ

Questions about special education or disability?

Call our free Help Line
Llame a nuestra Línea de Ayuda gratuita

(212) 677-4660 (English)
212) 677-4668 (español)

Interpretation available in
200+ other languages.

includenyc

**FREE SUPPORT SERVICES
FOR FAMILIES WITH CHILDREN WITH**

AUTISM

**THIRD THURSDAY OF EVERY MONTH 11AM-1PM
D43 COMMUNITY OFFICE: 249 EMPIRE BLVD**

**EMOTIONAL WELLNESS * PARENTAL SUPPORT *
NUTRITION & HEALTH * ACCESS TO SERVICES & MORE**



ASSEMBLY MEMBER
**BRIAN
CUNNINGHAM**
43RD ASSEMBLY DISTRICT

**CALL (718) 771-3105
TO MAKE AN APPOINTMENT**

services provided by:



Cooperative Business Training

A free 8-week series

Participants will learn the building blocks to form + launch a worker-owned food industry business.

Priority given to Black aspiring business owners and groups based in Brooklyn.

Sessions will be a mix of virtual and in person.



WEDNESDAYS

October 4th to November 22nd
6:30pm - 8:30pm

In-person sessions at:
1875 Broadway, Brooklyn

Questions? email:
coopdevelopment@riseboro.org



RESUME WORKSHOP:

GET THE INTERVIEW!

Learn how to build an attention-grabbing resume with our free resume template!

Date & Time:

October 19 11:00 AM –
12:30 PM

**VIRTUAL AND IN-
PERSON!**

VISIT US

www.findccproject.org



MEDICAL ASSISTANT TRAINING + BASIC EDUCATION

FREE

MUST BE 21 YEARS AND OVER

CLARA BARTON HIGH SCHOOL

901 CLASSON AVE, BROOKLYN, NY 11225

CLASS WILL BE HELD ON
MONDAYS & WEDNESDAYS
5:30PM - 9:00PM

CALL FOR REGISTRATION
APPOINTMENT:

929-305-3768

TEXT

917-612-7831

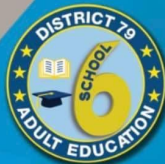
EMAIL:

OACES7@SCHOOLS.NYC.GOV



FREE

MUST BE 21 YEARS
OR OLDER



COMPUTER LITERACY CLASSES

Computer
Basics

Touch
Type
Keyboarding

Internet
Navigation

Intro to
Microsoft
Applications

Students are introduced to basic computer operations, Microsoft programs, keyboarding, and work related skills. Students will expand these skills by using the Internet to research information, access and explore web sites, and emailing. No keyboarding skills required.

Location

P.S. 78
35 Hill Street
Staten Island, NY 10304

Class Schedule

Saturday
9:00AM to 2:00PM

SIGN UP HERE



<https://shorturl.at/npBW7>



Looking for a Job?

In-Person

Employment Services
Informational Session

Every Thurs.

1PM

Be prepared to stay
at least 3 hours*

*includes a math and reading
test for those interested in
moving forward

PLEASE BRING PROOF OF
COVID-19 VACCINATION



Warehouse



Administration



Manufacturing, Supermarkets/Pharmacy, & Transportation

Join St. Nicks Alliance Workforce Development's

Job Club

FOR THOSE 18-YEARS OLD AND UP

Sign up



Where:

St.Nicks Alliance Workforce, 790 Broadway, 2nd Fl., Brooklyn, NY 11206
(J/M Train to Flushing Avenue and B/46/47/57/15 buses to Flushing Avenue)

Contact Info:

(718) 302-2057 Ext. 450 or Careerservices@stnicksalliance.org



St.Nicks Alliance

Where Opportunity Grows



**New York City
Police Foundation**
Building a Safer City Together

EmblemHealth  **New York Presbyterian**



FDNY Foundation

NYPD Community Baby Shower Events

Monday, October 9, 2023
Manhattan

Gregorio Luperon High School
501 West 165 street
New York N.Y. 10032
12:00pm- 3:00pm

Thursday, October 12, 2023
Queens

St Bartholomew Catholic Church
43-22 Ithaca Street
Queens, N.Y. 11373
10:00am- 1:00pm

Saturday, October 14, 2023
Staten Island

YMCA Staten Island Broadway
651 Broadway Staten Island N.Y. 10310
12:00pm- 3:00pm

Wednesday, October 18, 2023
The Bronx

La Central YMCA
434 Westchester Avenue
Bronx, N.Y. 10455
10:00am- 1:00pm

Thursday, October 19, 2023
Brooklyn

Medgar Evers College
1638 Bedford Avenue
Brooklyn, N.Y. 11225
10:00am- 1:00pm



Contact
Detective Fred Washington 929-287-9249

**UNIVERSITY
SETTLEMENT**

ARE YOU EXPECTING?
DO YOU HAVE A CHILD UNDER 1?

THE BUTTERFLIES PROGRAM
& EARLY HEAD START
INVITE YOU TO OUR



Community BABY SHOWER

September 23, 2023
11:00 am - 2:00 pm
Ingersoll Community Center
177 Myrtle Ave. Brooklyn

- FOOD WILL BE SERVED
- MEET WITH COMMUNITY PARTNERS
- CHAT WITH A MIDWIFE
- PREGNANCY PHOTOSHOOT
- BOOKS FOR YOUR LITTLE ONE
- SWAG BAG INCLUDED



SPACE IS LIMITED
Register by September 16th:
scan the QR code
or visit bit.ly/USSRBaby2023

Register
for free

all families are
entered to win:

- A Graco stroller with car seat
- A 4Moms Pack and Play

Open Door Family Life Center

FOOD PANTRY

RESOURCES
FROM MS.PINK



EVERY SATURDAY - 8:30AM - 10:30AM

999 Greene Avenue, Brooklyn, NY 11221

www.opendoorflc.org

BOMBA COMMUNITY
LOS SURES
POETRY
BROOKLYN BLOCK PARTY
ARTISAN JAZZ
WILLIAM
DANCE
CULTURE
MUSIC
LATIN

WEPA! 12TH ANNUAL
FESTIVAL
A PEOPLE'S FEST FOR A PEOPLE'S MOVEMENT

SOUTH 4TH STREET &
ROEBLING STREET,
BROOKLYN, NY
11211

SATURDAY, SEPTEMBER 30TH 2023 | 1:00 PM TO 6:00 PM

 **EL PUENTE**
LEADERS FOR PEACE & JUSTICE

Want to become more tech-savvy? The library offers free workshops and classes to teach you how to navigate your devices. 📱 Check out our event calendar to learn more!

<https://bklynlib.org/45cZmUN>



A library card is
elemental.



Get yours
today!

September is
LIBRARY CARD SIGN-UP MONTH

ALA

OverDrive



ELEMENTAL

PERMITAL © 2013 OverDrive Entertainment, Inc. and OverDrive. All Rights Reserved. Used under license from the American Library Association.

Learn English with We Speak NYC.

- Practice speaking English for free
- Get to know your community
- Build confidence
- Learn about City services and resources

Get started at nyc.gov/WeSpeakNYC



跟 We Speak NYC 學英語。

- 免費練習說英語
- 了解您的社區
- 建立自信
- 了解城市服務和資源

訪問 nyc.gov/WeSpeakNYC 了解詳情



Aprende inglés con We Speak NYC.

- Practica la conversación en inglés
- Conoce tu comunidad
- Habla con más confianza
- Obtén más información sobre los recursos de la ciudad

Comienza aquí: nyc.gov/WeSpeakNYC



ITS NOT TOO LATE TO APPLY !

VOCATIONAL TRAINING IN THE MEDICAL FIELD

- EKG/PHL
- Certified Nursing Assistant
- Pharmacy Technician
- Certified Medical Administrative Assistant

Who is Eligible?

- Ages 18-24
- NYC Resident
- Authorized to work in the US
- Has a HS or HSE Diploma

For more information and to apply:

Scan and complete the form below or email Jennifer Sarmiento, jsarmiento@commonpointqueens.org or text (908)-460-9296



ITS NOT TOO LATE TO APPLY !

• Candidates must be:

- 18-24 years old
- NYC residents
- Must have HS Diploma
- Authorized to work in the US.
- Must have English fluency
- Must have an understanding of basic math functions
- Must be motivated to work in the construction field!

• Certifications Include:

- OSHA 30
- 10 Hr Site Safety Training
- 4 Hr Scaffold
- 4 Hr Flagger
- Silica Awareness
- F-60 Prep/Test

• Must be able to attend all sessions

Classes will take place at our Youth Opportunity Hub
82-17 Parsons Blvd. Jamaica
NY 11432
Classes will be 4pm-8pm
Starts in September!

For more information and to apply:

Scan and complete the form below or email Jessica Ortiz, jortiz@commonpointqueens.org or text (914) 586-3645





NYC Benefit Program

Walk-in Services:
BronxWorks
1130 Grand Concourse,
Bronx NY 10456

MAIN LINE # (718) 508-3040

Ask for NYC Benefits Program

WHAT BENEFITS CAN I APPLY FOR?



Supplemental
Nutrition
Assistance



Public Assistance/
Cash Assistance
(HRA)



Unemployment
Insurance



Tax
Assistance



Emergency
Grant



Access A Ride



Fair Fares



Health Insurance
(Medicaid or Medicare)



...and more!

FOR MORE INFO CONTACT:

Fatoumatta Jaiteh,
Outreach Enroller
fjaiteh@bronxworks.org
(917) 574-8461



Programa de Beneficios NYC

Servicios sin cita previa:
BronxWorks
1130 Grand Concourse,
Bronx NY 10456

LÍNEA PRINCIPAL # (718) 508-3040

Pregunte por el programa de beneficios de NYC

¿QUÉ BENEFICIOS PUEDO SOLICITAR?



Asistencia
Nutricional
Suplementaria



Asistencia
Pública/Asistencia
en Efectivo (HRA)



Seguro de
desempleo



Tax
Assistance



Subvención de
emergencia



Acceder a un viaje



Fair Fares



Seguro Médico
(Medicaid or Medicare)



...y más!

PARA MAS INFORMACION CONTACTE:

Fatoumatta Jaiteh,
Reclutador de extensión
fjaiteh@bronxworks.org
(917) 574-8461



A Google Map used to locate essential resources such as food, shelter, clothing, substance abuse, mental health, education, employment, legal, & health services throughout the New York City Metropolitan Area.



- Hundreds of resources!
- Support in all 5 boroughs!
- Filter by category!

Brooklyn Justice Initiatives

Interactive Resource Guide

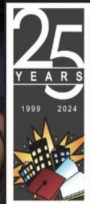


SCAN ME

bit.ly/bjiresourceguide

A vibrant, colorful border surrounds the central text. It features stylized orange and yellow flowers, green leaves, and swirling lines in yellow, orange, and green. Small dots in various colors are scattered throughout the design. The entire graphic is set against a dark red background with a subtle blue floral pattern.

YOUTH OPPORTUNITIES & RESOURCES



PRESENTED BY NATIONAL COLLEGE RESOURCES FOUNDATION

New York BLACK COLLEGE EXPO™

Resource from
Ms. Pink



WE OFFER:

- MEET WITH OVER 50 COLLEGES ✓
- GET ACCEPTED ON THE SPOT ✓
- SCHOLARSHIPS ON THE SPOT ✓
- APPLICATION FEES WAIVED ✓
- SEMINARS ✓
- SURPRISE CELEBRITY GUESTS ✓
- WIN CA\$H & PRIZE\$ ✓

WIN A SCHOLARSHIP - DEADLINE: 9/11/23
Info at: [NCRFoundation.org/Scholarship](https://www.ncrfoundation.org/Scholarship)

FREE
ADMISSION

REGISTER TODAY AT:
[NCRFOUNDATION.ORG/EVENTS](https://www.ncrfoundation.org/events)

Register your group



Changing Lives Across America 2023-24 Expo Calendar



POWERED BY: NATIONAL COLLEGE RESOURCES FOUNDATION



"Celebrating Hispanic Heritage Month"

Latino College Expo™ & Educational Fair
CAL POLY POMONA UNIVERSITY CAMPUS

SEPT. 16, 2023



NEW YORK Black College Expo™
MEDGAR EVERS COLLEGE - BROOKLYN

SEPT. 23, 2023

DETROIT Black College Expo™
HUNTINGTON PLACE - DOWNTOWN

SEPT. 30, 2023

SACRAMENTO Black College Expo™
SACRAMENTO STATE UNIVERSITY

OCT. 28, 2023

SEATTLE Black College Expo™
SEATTLE SCHOOL DISTRICT

NOV. 04, 2023

DALLAS/FORTWORTH Black College Expo™
WILKERSON-GREINES ACTIVITIES CENTER

NOV. 11, 2023

HOUSTON Black College Expo™
NRG CENTER

NOV. 18, 2023

SAN DIEGO Black College Expo™
BAYVIEW CHURCH

FEB. 08, 2024

LOS ANGELES Black College Expo™ Weekend • Celebrating 25 years!

Day 1 - 25th Anniversary Black College Expo™

FEB. 10, 2024

Day 2 - 25th Anniversary \$10,000 Step Show Competition
and \$2,000 eSport Open Tournament

FEB. 11, 2024

LOS ANGELES CONVENTION CENTER

OAKLAND Black College Expo™
HENRY J. KAISER CONVENTION CENTER

FEB. 17, 2024

MIAMI Black College Expo™
FLORIDA MEMORIAL UNIVERSITY

MAR. 2, 2024

NORTH CAROLINA Black College Expo™
JOHNSON C. SMITH UNIVERSITY

Wed. MAR. 6, 2024

ATLANTA Black College Expo™
COBB GALLERIA

MAR. 09, 2024

DC/Maryland Black College Expo™
TBD

MAR. 16, 2024

CHICAGO Black College Expo™
CHICAGO STATE UNIVERSITY

APR. 06, 2024



STUDENTS THINK S.T.E.A.M. EXPO
Los Angeles Trade Tech College Campus

Fri. Oct. 6, 2023

* Dates & Locations are subject to change.

* Please visit our website for Locations & Event Hours.

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@ncrfoundation
@blackcollegeexpo



NATIONAL COLLEGE
RESOURCES FOUNDATION
1000 W. 10TH STREET
DENVER, CO 80202

College Admissions Tip of the Day



Create a professional email address

It's time to stop using emails like:

soccer5luvr16@gmail.com

princ3sspeachy@gmail.com

If you don't have one already, create an email
address like:

firstnamelastname@gmail.com

lastnamefirstname@gmail.com

Resource from
Ms. Pink



COLLEGE FAIR

SUNDAY, OCTOBER 8th, 2023

1:00 PM - 4:00 PM

**JACOB JAVITS CENTER, Hall 1A
655 W 34th Street New York, NY 10001**

**200+ COLLEGES AND UNIVERSITIES
FROM AROUND THE COUNTRY**

**Free Entry
NO Registration Required
www.bigapplecollegefair.com**

EMPOWER FELLOWSHIP



OCTOBER
4TH

MARCH
25TH

IN-PERSON!

M & WED 4:30 PM - 6:30 PM

<https://bit.ly/empower2022-2023>

DEADLINE EXTENDED

APPLY BY 9/15/2022

WHAT IS IT & HOW TO APPLY

- Empower focuses on identity/leadership development, as well as building our knowledge and practice in solidarity work.
- The purpose of the fellowship is to gain
 - (I) Self Awareness & Identity Development
 - (II) Social Justice knowledge & skills in challenging yourself and unlearning biases
 - (III) Advocacy and allyship skills
- The fellowship is rooted in the foundation of social justice work; that we, ourselves, must take an active role in our own growth.
- Empower is IN PERSON on Mondays and Wednesdays from 4:30 to 6:30 PM at 135 W 36th St PH, New York, NY 10018.
- Must be located in NYC and ages 14-19 to apply.

APPLY BY SEPTEMBER 15TH:

BIT.LY/EMPOWER2022-2023



Department of Defense (DoD) Scholarship for Service Program

FULL TUITION SCHOLARSHIP

Ronald V. Dellums Memorial SMART Scholarship

Eligibility Requirements

- U.S. Citizen
- 18 years+ by the end of First College Term
- Major related to SMART STEM Disciplines
- Graduate High School with a Minimum 3.0 GPA
- Maintain a College/University 3.0 GPA
- Ability to Complete Summer Internships
- Obtain and Maintain a Security Clearance

Benefits

- Full Tuition
- \$30,000 Annual Stipend
- Summer Internships
- Experienced Mentor
- Book and Health Allowance
- Civilian Department of Defense Employment

**Apply By
Dec 1st, '23**



**New York
Cares**
THE WAY TO VOLUNTEER

SAT PREP PROGRAM

Center for Achieving Future
Education Program

BronxWorks CAFE offers a **FREE SAT Prep** program
in partnership with New York Cares
for High School Juniors.

**Classes every Saturday October 2023 - March 2024
at 1130 Grand Concourse. Applications open now!**

For more information on Eligibility
and Registration
contact **Angela Rodriguez**
ardejesus@bronxworks.org
718.508.3214

invites 16- to 24- year-olds
living in NYC to enter:

MY CITY, MY COMMUNITY PITCH COMPETITION 2023

Share an innovative
idea that creates a
positive social impact
in your community for
a chance to win from a
\$5,000 prize pool and
gain mentorship to
make it happen.

WIN FROM A PRIZE
POOL OF

\$5000

**SUBMIT
NOW**

at

<https://bit.ly/mycNYC2023-applyhere>

Submissions due by Sep 29
Winners will be announced on Oct 13



Red Hook Initiative, Inc

WE ARE
HIRING
YOUTH!

We Are Looking For

**HIGH SCHOOL
YOUTH**

IN GRADES 9-12

Do you meet requirements?

Scan the QR code &
complete the application:



Requirements

- ✓ Enrolled in high school
- ✓ Documents to work in the US: working papers, birth certificate, ID, Social Security Card, & school transcript.
- ✓ Live in Red Hook (11231 zip code)
- ✓ Interested in the following roles: Peer Health Educator, Peer Health Navigator, Youth Photojournalist, Anti-Violence Ambassador, Job Readiness.

WE ALSO PROVIDE: 1-ON-1 & GROUP
TUTORING, COLLEGE ACCESS, CASE
MANAGEMENT, & MENTAL HEALTH
SUPPORT.

 APM@rhicenter.org
OR CALL US AT 516-518-1344



Have a Question about Homework?

A qualified, licensed classroom teacher
is available

Monday – Thursday, 4 p.m. – 7 p.m.
when school is in session.

Call the Dial-A-Teacher Hotline at
(212) 777-3380



MEASUREMENTS, SYMBOLS AND TERMS YOU SHOULD KNOW

FOR FREE HOMEWORK HELP CALL: 1-212-777-3380

LENGTH

12 inches (in.)	= 1 foot (ft.)	(12" = 1')
3 feet	= 1 yard (yd.)	(3' = 1 yd.)
36 in.	= 1 yd.	(36" = 1 yd.)
16½ ft.	= 1 rod (rd.)	
320 rds.	= 1 mile (mi.)	
1760 yds.	= 1 mi.	
5280 ft.	= 1 mi.	

AREA

144 square inches	= 1 square foot	(sq. in.)
9 square ft.	= 1 square yard (sq. yd.)	
160 square rods	= 1 acre (a.)	
640 acres	= 1 square mile (sq. mi.)	

VOLUME

1728 cubic inches	(cu. in.)	= 1 cubic foot (cu. ft.)
27 cubic feet	= 1 cubic yard (cu. yd.)	

LIQUID MEASURE

8 fluid ounces (fl. oz.)	= 1 cup (c.)	
2 cups	= 1 pint (pt.)	
2 pints	= 1 quart (qt.)	
4 cups	= 1 quart	
32 oz.	= 1 quart	
4 quarts	= 1 gallon (gal.)	
8 pints	= 1 gallon	

WEIGHT

16 ounces (oz.)	= 1 pound (lb.)	
4 oz.	= ¼ lb. (quarter pound)	
8 oz.	= ½ lb. (half pound)	
12 oz.	= ¾ lb. (three quarters of a pound)	
2000 lbs.	= 1 ton (T.)	

METRICS

The metric system is based on our decimal system.

1 kilometer (km)	= 1000 meters
10 decimeters (dm)	= 1 meter
100 centimeters (cm)	= 1 meter
1000 millimeters (mm)	= 1 meter
1000 milliliters (ml)	= 1 liter (l.)
1 kilogram (kg)	= 1000 grams

use **meters** to measure length
use **liters** to measure liquid (capacity)
use **grams** to measure weight

STANDARD MEASUREMENT METRIC MEASUREMENTS

0.4 inches	= 1 centimeter
2.2 pounds	= 1 kilogram
39.4 inches	= 1 meter
1.06 quarts	= 1 liter

TEMPERATURE

Celsius Temperature =
(Fahrenheit degrees - 32) x 0.56 or
(Fahrenheit degrees - 32) x ½

Fahrenheit Temperature =
(Celsius degrees x 1.8) + 32 or
(Celsius degrees x 9/5) + 32

MONEY

penny	= 1 cent;	1¢; \$.01
nickel	= 5 cents;	5¢; \$.05
dime	= 10 cents;	10¢; \$.10
quarter	= 25 cents;	25¢; \$.25
half dollar	= 50 cents;	50¢; \$.50
dollar	= 100 cents;	100¢; \$ 1.00

SYMBOLS

Symbols are used instead of words in math.

=	is equal to
≠	is not equal to
>	is greater than
<	is less than
+	plus, and (used in addition) or positive number sign
-	minus, takes away (used in subtraction) or negative number sign
x	multiplied by, times (used in multiplication)
÷	divided by (used in division)

· a decimal point separates whole numbers from part of a whole number (1.5) or shows part of a whole (0.56)

%	percent, the number of hundredths
∈	is a member of the set
⊂	is a subset of the set
∩	is an intersection of 2 sets
∪	is a union of 2 sets

TERMS

A **Set** is a collection of things. You can list the members or elements of a set between braces { }.

Set A = {1, 2, 3}

Arrays are arrangements that have order. One array shows that 4 groups of 3 = 12. The other array shows that 3 groups of 4 = 12.

•••	•••
•••	•••
•••	•••
•••	•••

Digits are numerals. (0, 1, 2, 3, 4, 5, 6, 7, 8, 9)

Area — the space covered by a surface.

Perimeter — the distance around a polygon.



MEASUREMENTS, SYMBOLS AND TERMS YOU SHOULD KNOW

FOR FREE HOMEWORK HELP CALL: 1-212-777-3380

ROMAN NUMERALS

Roman numerals have a definite pattern.

I = 1	XI = 11	XXX = 30
II = 2	XII = 12	XL = 40
III = 3	XIII = 13	L = 50
IV = 4	XIV = 14	LX = 60
V = 5	XV = 15	LXX = 70
VI = 6	XVI = 16	LXXX = 80
VII = 7	XVII = 17	XC = 90
VIII = 8	XVIII = 18	C = 100
IX = 9	XIX = 19	CD = 400
X = 10	XX = 20	D = 500
		M = 900
		M = 1000

A bar written over a numeral shows that it has been multiplied by 1000. $\overline{VII} = 7 \times 1000$ or 7000

TIME

60 seconds	= 1 minute (min.)
60 minutes	= 1 hour (hr.)
24 hours	= 1 day
7 days	= 1 week
4 weeks	= 1 month (mo.)
12 months	= 1 year (yr.)
52 weeks	= 1 year
365 days	= 1 year
366 days	= 1 leap year
10 years	= 1 decade
20 years	= 1 score
100 years	= 1 century

A.M. = morning
12:00 midnight - 12:00 noon

P.M. = afternoon
12:00 noon - 12:00 midnight

ADDITION

The operation of addition combines numbers called **addends** to get a total, called a **sum**.

3	addend
+ 5	addend
8	sum

addend + addend = sum

SUBTRACTION

Subtraction is the operation when you know the total, called a **minuend**, and one known part, called a **subtrahend**, and are looking for an unknown part, called a **difference**.

6	minuend
- 2	subtrahend
4	difference

minuend - subtrahend = difference

MULTIPLICATION

The operation of multiplication relates two numbers called **factors** with a third number called a **product**. You are counting the same number many times which is a shorter way of adding the same number.

5	factor	5	addend
x 4	factor	5	addend
20	product	5	addend
		+ 5	addend
		20	sum

4	x	5	=	20
factor	x	factor	=	product
4	groups of	5	=	20

DIVISION

Division is the operation when you know the total, called a **dividend**, and one part, called a **divisor**, and are looking for an unknown part, called a **quotient**.

7	quotient
8	divisor

divisor ÷ dividend = quotient

FRACTIONS

A fraction is one or more of the equal parts of a whole. Numerals such as ½ and ¼ are called fractions. The digit above the line is called the **numerator**. It tells about the part. The digit below the line is called the **denominator**. This number tells about the total number of parts.

2	numerator
3	denominator

¾ is a proper fraction.
It is part of 1 whole.

¼ is a fractional name for 1 whole.

¾ is an improper fraction.
It is more than 1 whole.

1 ¼ is a mixed numeral.
It is 1 whole number and a fraction.

DECIMALS

A decimal is a fractional number. We can use a fraction and a decimal to name the same number.

1/10 = 0.1 one tenth

2/10 = 0.2 two tenths

UNITED FEDERATION OF TEACHERS
DEPARTMENT OF EDUCATION OF THE CITY OF NEW YORK

Funding for the Dial-A-Teacher Program is provided by the United Federation of Teachers and the New York City Department of Education



MEDIDAS, SÍMBOLOS Y TÉRMINOS QUE DEBERA SABER

LLAMEN PARA RECIBIR AYUDA CON LAS TAREAS GRATUITAMENTE: 1-212-777-3380

LONGITUD

12 pulgadas	= 1 pie	(12" = 1')
3 pies	= 1 yarda	(3' = 1 yarda)
36 pulgadas	= 1 yd.	(36" = 1 yd.)
16 1/2 pies	= 1 vara	
320 varas	= 1 milla	
1760 yardas	= 1 milla	
5280 pies	= 1 milla	

AREA

144 pulgadas	= un pie cuadrado	(pie ²)
9 pies cuadrados	= 1 yarda cuadrada	
160 varas cuadradas	= 1 acre	
640 acres cuadrados	= 1 milla cuadrada	(1 milla ²)

VOLUMEN

1728 pulgadas cúbicas	= 1 pie cúbico	(pie ³)
27 pies cúbicos	= 1 yarda cúbica	(yarda ³)

CAPACIDAD (MEDICIÓN DE LÍQUIDOS)

8 onzas líquidas	= 1 taza
2 tazas	= 1 pinta
2 pintas	= 1 cuartillo
4 tazas	= 1 cuartillo
32 onzas	= 1 cuartillo
4 cuartillos	= 1 galón
8 pintas	= 1 galón

PESO

16 onzas (oz.)	= 1 libra (1 lb.)
4 oz.	= 1/4 lb. (un cuarto de libra)
8 oz.	= 1/2 lb. (media libra)
12 oz.	= 3/4 lb. (tres cuartos de libra)
2000 lbs.	= 1 tonelada

MÉTRICO

El sistema métrico se basa en nuestro sistema decimal.

1 kilómetro (km)	= 1000 metros
10 decímetros (dm)	= 1 metro
100 centímetros (cm)	= 1 metro
1000 milímetros (mm)	= 1 metro
1000 mililitros (ml)	= 1 litro (l)
1 kilogramo (kg)	= 1000 gramos

El **metro** se usa para medir la longitud. El **litro** se usa para medir los líquidos (capacidad).

El **gramo** se usa para medir el peso.

MEDIDAS INGLÉSAS — MEDIDAS MÉTRICAS

0.4 pulgadas	= 1 centímetro
2.2 libras	= 1 kilogramo
39.4 pulgadas	= 1 metro
1.06 cuartillos	= 1 litro

TEMPERATURA

Temperatura en grados centígrados = (grados Fahrenheit - 32) x 0.56 o (grados Fahrenheit - 32) x 5/9

Temperatura en grados Fahrenheit = (grados centígrados x 1.8) + 32 o (grados centígrados x 9/5) + 32

MONEDA

Penique	= 1 centavo; 1¢; \$0.01
Níquel	= 5 centavos; 5¢; \$0.05
Dime	= 10 centavos; 10¢; \$0.10
Cuarto de dólar	= 25 centavos; 25¢; \$0.25
Medio dólar	= 50 centavos; 50¢; \$0.50
Dólar	= 100 centavos; 100¢; \$1.00

SÍMBOLOS

Los símbolos se usan en matemáticas en vez de las palabras.

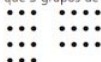
=	igual a
≠	no igual a
>	mayor que
<	menor que
+	más, y (utilizado para sumar) o añada el signo
-	menos, sustrae (utilizado para restar) o añada el signo de la resta
x	multiplicado por (utilizado para multiplicar)
÷	dividido por (utilizado para dividir)
.	un punto decimal separa la parte entera de la parte fraccionaria (1.5) o representa la parte fraccionaria (0.56)
%	tanto por ciento, número de centésimos
∈	miembro del conjunto
⊂	subconjunto del conjunto
∩	intersección de 2 conjuntos
∪	unión de 2 conjuntos

TÉRMINOS

Un **conjunto** es una colección de cosas. Se pueden enumerar los miembros o elementos de un conjunto entre corchetes [].

Conjunto A = {1, 2, 3}

Las **formaciones** son agrupaciones ordenadas. Una formación muestra que 4 grupos de 3 = 12. La otra formación muestra que 3 grupos de 4 = 12.



Los **digitos** son números. (0, 1, 2, 3, 4, 5, 6, 7, 8, 9)

Area — superficie comprendida dentro de un perímetro.

Perimeter — la distancia alrededor de una figura.



MEDIDAS, SÍMBOLOS Y TÉRMINOS QUE DEBERA SABER

LLAMEN PARA RECIBIR AYUDA CON LAS TAREAS GRATUITAMENTE: 1-212-777-3380

NÚMEROS ROMANOS

Los números romanos tienen un patrón determinado

I = 1	XI = 11	XXX = 30
II = 2	XII = 12	XL = 40
III = 3	XIII = 13	L = 50
IV = 4	XIV = 14	LX = 60
V = 5	XV = 15	LXX = 70
VI = 6	XVI = 16	LXXX = 80
VII = 7	XVII = 17	XC = 90
VIII = 8	XVIII = 18	C = 100
IX = 9	XIX = 19	CD = 400
X = 10	XX = 20	D = 500
		CM = 900
		M = 1000

Una barra escrita sobre un número indica que ha sido multiplicado por 1000. VII = 7 x 1000 or 7000

TIEMPO

60 segundos	= 1 minuto (min.)
60 minutos	= 1 hora (hr.)
24 horas	= 1 día
7 días	= 1 semana
4 semanas	= 1 mes
12 meses	= 1 año
52 semanas	= 1 año
365 días	= 1 año
366 días	= 1 año bisiesto
10 años	= 1 década
20 años	= 1 veintena
100 años	= 1 siglo

A.M. = mañana
12:00 medianoche - 12:00 mediodía

P.M. = tarde
12:00 mediodía - 12:00 medianoche

SUMA

La operación de sumar combina números llamados **adendos** para llegar al total, llamado de la **suma**.

3	adendo
+ 5	adendo
8	suma
adendo + adendo = suma	

RESTA

La resta es una operación en la que se conoce el total, llamado **minuendo** y una parte llamada **sustraendo**, y que busca una parte desconocida llamada **diferencia**.

6	minuendo
- 2	sustraendo
4	diferencia
minuendo - sustraendo = diferencia	

MULTIPLICACIÓN

La operación de multiplicar relaciona dos números llamados **factores** con un tercer número llamado **producto**. Se cuenta el mismo número muchas veces, de manera que es una forma abreviada de sumar el mismo número.

5	factor	5	adendo
x 4	factor	5	adendo
20	producto	5	adendo
		+ 5	adendo
		20	suma
4 x 5 = 20			
4	factor	5	factor = producto
4	grupos de	5	= 20

DIVISIÓN

La división es una operación en la que se conoce el total, llamado **dividendo**, y un parte llamada **divisor**, divisor, y se busca una parte desconocida llamada **cociente**.

	7 cociente	
divisor	8	56 dividendo
56	÷	8 = 7
dividendo ÷	divisor	= cociente

FRACCIONES

Una fracción es una o más de las partes de un entero. Números como 1/3 y 1/4 se llaman fracciones. El dígito que está encima de la línea se llama **numerador** y el de debajo se llama **denominador**. Este número indica el número total de las partes.

2	numerador
3	denominador
3/4 es un fracción propia. Es parte de 1 entero.	
4/4 es un nombre fraccional de 1 entero.	
5/4 es una fracción impropia. Es mayor que un entero.	
1 1/4 es un número mixto. Es 1 número entero y una fracción.	

DECIMALES

Un decimal es un número fraccional. Podemos usar una fracción y un decimal para nombrar el mismo número.

1/10	= 0.1 un décimo
2/10	= 0.2 dos décimos

FEDERACIÓN UNIDA DE MAESTROS
DEPARTAMENTO DE EDUCACIÓN DE LA CIUDAD DE NUEVA YORK
Fondos para el programa Llamen a un Maestro han sido facilitados por La Federación Unida de Maestros, y el Departamento de Educación

YOUTH EMPOWERMENT PROGRAM (YEP)



FALL 2023 VIRTUAL YEP: (AGES 11-14)
REGISTRATION OPEN: [HTTPS://BIT.LY/46GJQAP](https://bit.ly/46GJQAP)

Join our transformative program that brings together youth and community stakeholders for collaborative discussions, restorative justice education, community organizing, leadership development, and interactive breakout sessions.





Brooklyn Museum Apprentice Program (October 8): New York City teens immerse themselves in art and art history, and learn about museum education while creating their own lessons for audiences of all ages. First-time apprentices earn \$15/hour, and returning apprentices earn \$16/hour. You can work up to 180 hours per year, and a MetroCard will also be provided. Application and recommendation letter due October 8th, 2023. For more details visit: <https://www.brooklynmuseum.org/education/teens/museum-apprentices>

A vibrant, colorful border surrounds the text, featuring stylized flowers in orange, yellow, and green, along with swirling lines in yellow, green, and red. The border is set against a dark red background with a subtle floral pattern.

HEALTH, MENTAL HEALTH & WELLNESS TIPS

September is Suicide Prevention Awareness Month

**You Are
Not Alone**



If you or someone you know
is struggling, there are
resources available to help.

Resources

Suicide and Crisis Lifeline

Call or Text 988

Chat at
988lifeline.com/chat

Crisis Text Line

Text HOME to 741-741

Chat at
crisistextline.org

The Trevor Project (LGBTQIA+ Community)

Text START to 678-678

Call 866-488-7386

Chat at
[https://www.thetrevorproject.org/
get-help](https://www.thetrevorproject.org/get-help)



Need to talk?

Crisis Text Line:
Text GOT5 to 741741

988 Crisis Lifeline:
Call/Text 988 or chat
988lifeline.org

Trevor Lifeline:
1-866-488-7386

Trevor Text:
Text START to 678678



Office of
Mental Health

A NEW CRISIS RESOURCE FOR NY



Office of
Mental Health



Stress

Healthy Habits

Fight Stress

It's pretty simple, really.

We all know the drill.
Get some regular exercise.
Go easy on the alcohol.
Eat a healthy diet.
Get enough sleep.

But it's more than that.

Slow down.
Have some fun.
Be with friends.
Stop worrying.
Laugh a lot.

Help those
who need
your help.



Depression

Know the Link Between Depression and Sleep

Insomnia and depression have a strong link, with each greatly increasing the risk of the other.

Depression can cause problems with getting to sleep and staying asleep. Insomnia can lead to emotional problems that can lead to depression.

If you have trouble sleeping:

- Tell your health provider.
- Learn the symptoms of depression.
- If you have signs of both, get treatment for both.

September is Sexual Health Awareness Month! Enjoy your sex life while taking care of your health. Sexual health care is available for people of all gender identities, sexual orientations and immigration statuses in NYC.

Find services near you: <http://on.nyc.gov/44eINci>



**STAY FUN,
FRESH,
AND SEXY**

- 🔗 STI prevention, testing, and care
- 🌈 LGBTQIA+ health
- 🔗 HIV prevention (PEP and PrEP), testing, and care
- 🌿 Reproductive health
- 🔗 Information and resources

Low- to no-cost care is available at many facilities, including all City-run sites.

September is Prostate Cancer Awareness Month! Prostate cancer is one of the leading causes of cancer death for men in NYC. Men should begin discussing screening with their provider as early as 40 years old. Learn more about screening: on.nyc.gov/3EvwLPb





CHAT SPACE

@LGBTBROOKLYN

FOR YOUTH OF COLOR
TUESDAYS 5-6:30 PM

Q CHAT SPACE

RESOURCES

for the LGBTQ+ community



Anti-Violence Project
Report harassment or violence here:
(212)-714-1141
avp.org/get-help



COLAGE
Supporting people with LGBTQ+ caregivers
colage.org



Straight for Equality
Learning sessions to help support allyship
straightforequality.org



Transgender Legal Defense & Education Fund
Ending discrimination based upon gender
identity and expression
transgenderlegal.org

More resources are available at:
glaad.org/resourcelist

[@latinxinsocialwork](https://twitter.com/latinxinsocialwork)

@LATINXINSOCIALWORK

NYC Sexual Health Clinics

NYC Sexual Health Clinics provide low-cost and no-cost services for anyone age 12 and older, regardless of immigration or insurance status. Parental consent is not needed to access these services, and most services are provided on a walk-in basis, with a limited capacity each day.

See our regular clinic hours and locations below.
Clinic hours are subject to change.

Morrisania (Bronx)

1309 Fulton Ave.
Monday to Friday,
8:30 a.m. to noon and 1 to 3:30 p.m.

Jamaica (Queens)

90-37 Parsons Blvd.
Monday to Friday,
8:30 a.m. to noon and 1 to 3:30 p.m.

Fort Greene (Brooklyn)

295 Flatbush Ave. Extension
Monday to Friday,
8:30 a.m. to noon and 1 to 3:30 p.m.;
Tuesday, 5 to 7 p.m. (Express testing only)

Chelsea (Manhattan)

303 9th Ave.
Monday to Friday,
8:30 a.m. to 3:30 p.m.;
Tuesday, 5 to 7 p.m. (Express testing only)

Corona (Queens)

34-33 Junction Blvd.
Monday to Friday,
8:30 a.m. to noon and 1 to 3:30 p.m.



WINDOW GUARDS SAVE LIVES

Does a child age 10 years or younger live with you?
Do you live in a building that has three or more apartments?

If you answered **Yes** to both questions, New York City law requires you to have guards or stops in all windows of your apartment, except for windows leading to fire escapes.

Ask your landlord for window guards if you do not have them. If the problem isn't fixed, call **311**.



Department of Health
& Mental Hygiene

Department of Housing
Preservation and Development

Types of Self-Care



Physical

- Sleep
- Stretching
- Yoga



Emotional

- Forgiveness
- Compassion
- Gratitude



Social

- Healthy circle
- Ask for help
- Communicate



Personal

- Boundaries
- Hobbies
- Self-validation



Financial

- Saving
- Budgeting
- Paying bills



Work

- Healthy workplace
- Learning
- Planning

When you feel anxious...



Go outside

Ask for help



Create something



Drink water



Journal your feelings



Take a deep breath

Listen to music



Find a positive distraction

Stay present





There is
NO CURE
for food allergies yet.



KIDS WITH
FOOD ALLERGIES
A Division of the Asthma and Allergy
Foundation of America

kidswithfoodallergies.org



The social impact of food allergies on families:



9 out of 10
avoid certain
restaurants



8 out of 10
change family
traditions



5 out of 10
skip important
school functions



4.5 out of 10
avoid airline travel
(due to food allergy)



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Source: My Life With Food Allergies Survey, April 2019.

A vibrant, colorful border surrounds the central text. It features stylized orange and yellow flowers, green leaves, and swirling lines in yellow, orange, and green. Small colored dots (pink, green, orange) are scattered throughout the design. The entire graphic is set against a white background with faint horizontal lines, all enclosed within a yellow border.

PARENTING TIPS



Tips for Strengthening Parent-Teacher Relationships

- Try to attend parent-teacher conferences and school events.
- Ask the teacher how to best support them.
- Reinforce the teacher's classroom rules and expectations at home.
- Be patient when awaiting responses to non-urgent matters.
- Set a positive example by demonstrating a positive attitude toward education.





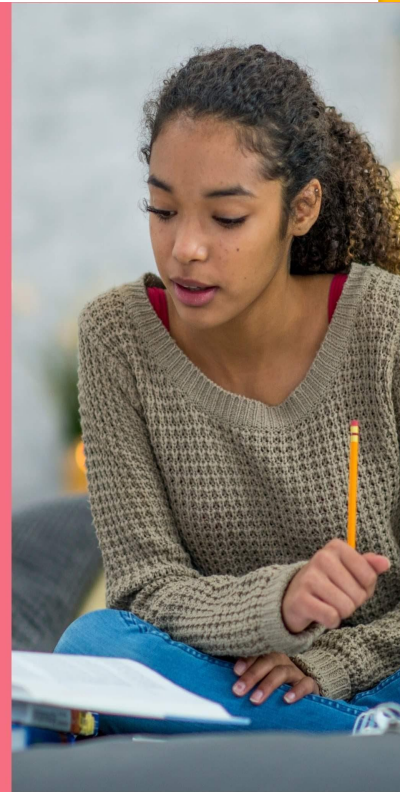
Back-to-School Tips

FOR PARENTS AND STUDENTS

01 Create a Comfortable, Distraction-Free Study Space

Students...Find a space in your home where you can't hear any background noise, like your parent's conference call or sibling's loud music.

Make sure to keep all distractions "out of sight and out of mind." This includes placing your gaming console in a drawer, keeping pets in another room, or temporarily shutting off notifications for social media apps.





02 Help Your Teen Develop Healthy Ways to Manage Stress

Parents...High school is tough - harder classes, more extracurricular activities, and college/post-grad decision deadlines getting closer each day.

Help your teen manage this stress by promoting healthy ways to cope. Some options include:

- Taking daily walks
- Keeping a journal of their thoughts/feelings
- Expressing themselves creatively through artistic outlets
- Talking to a licensed counselor
- Getting enough sleep
- Making healthy eating choices

03 Use Class Time Wisely

Students...You've heard it before, but if you find yourself with free time after your teacher is done with that day's lesson or lecture, take advantage of it!

Use that extra class time to get a jump on some homework or studying while it's still fresh in your mind.

And...so you have less to do at home!



A decorative border surrounds the text, featuring stylized orange and yellow flowers, green leaves, and swirling lines in yellow, orange, and green. The border is set against a white background with horizontal lines.

A MESSAGE FROM Ms. PINK

PARENT LEADERSHIP COUNCIL (PLC)

PLC AT A SNAPSHOT



JOIN THE PLC BECAUSE YOUR VOICE MATTERS AS A PARENT. ADVOCATE FOR ALL SCHOLARS AT WCHS, ADVOCATE FOR YOUR SCHOOL AND HELP WCHS GROW. EMAIL MS. PINK FOR MORE DETAILS OR INTERESTS AT MPINK@THEWCS.ORG ELECTIONS ON SEPTEMBER 28th, 2023 6PM at VIRTUAL PLC MEETING. CHECK EMAIL FOR LOGIN DETAILS.

WHAT IT LOOKS LIKE BEING ON THE PLC:

- **AS A MEMBER YOU MEET WITH WCHS PARENT COORDINATOR MS. PINK & MEMBERS OF THE COUNCIL TO PLAN MONTHLY MEETINGS.**
- **AS A MEMBER YOU MEET WITH SCHOOL LEADERSHIP 1X PER MONTH TO DISCUSS PARENT CONCERNS, RECEIVE SCHOOL UPDATES & VOICE OPINIONS.**
- **AS A MEMBER YOU WILL TAKE TURNS PRESENTING AT THE MONTHLY WCHS BOARD MEETING & PRESENT A SLIDE AT THE BOARD MEETINGS, UPDATING THE BOARD OF OUR NEXT PLC MEETING & WHO WILL BE THERE.**
- **YOU WILL ALSO NETWORK WITH NONPROFITS & THE COMMUNITY.**
- **GAIN A NEW SKILL (IT LOOKS GREAT ON A RESUME)**

The Parent Leadership Council

Ready to ROAR!

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



WE ARE LOOKING FOR PARENTS TO JOIN OUR PARENT LEADERSHIP COUNCIL (PLC)



WE ARE LOOKING FOR:

- PLC VICE- PRESIDENT
- PLC SECRETARY
- PLC TREASURER
- PLC FUNDRAISING COORDINATOR
- PLC PARENT VOLUNTEERS FOR IN PERSON EVENTS

Help Build our School Community. Your Voice MATTERS!!!!

ALL INTERESTED PARENTS PLEASE CONTACT MS. PINK AT MPINK@THEWCS.ORG

The Parent Leadership Council

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Change the message.
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Change the world.



**BUSCAMOS A PADRES QUE SE UNAN A NUESTRO
CONSEJO DE LIDERAZGO DE PADRES (PLC)**



ESTAMOS BUSCANDO:

- VICE- PRESIDENTE DEL PLC
- SECRETARIA DEL PLC
- TESORERO DEL PLC
- COORDINADOR DE RECAUDACIÓN DE FONDOS
- PADRES VOLUNTARIOS PARA EVENTOS EN PERSONA

**Ayuden a Construir
Nuestra Comunidad
Escolar. ¡¡¡¡¡Su Voz
CUENTA!!!!**

**TODOS LOS PADRES INTERESADOS POR FAVOR COMUNÍQUESE
CON LA SRA. PINK A MPINK@THEWCS.ORG**



**FAMILIES,
I HOPE YOU FOUND THIS PACKET
HELPFUL. OUR PARENT
LEADERSHIP COUNCIL (PLC)
ELECTIONS WILL TAKE PLACE ON
SEPTEMBER 28TH, 2023. PLEASE
CONSIDER JOINING . YOUR VOICE
AND CONCERNS MATTER. FAMILY
ENGAGEMENT IS VERY VITAL
WITHIN OUR SCHOOL COMMUNITY.
ALL INTERESTED PARTIES PLEASE
EMAIL ME. REMEMBER, I'M JUST AN
EMAIL AWAY. HAVE A WONDERFUL
& SAFE SUMMER BREAK!**

**WARM REGARDS,
MS. PINK**



*it takes lots
of
sparkle
to be a
parent
coordinator*

