



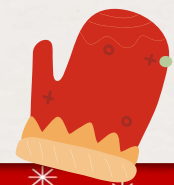
December 2023

HOLIDAY

Resource Packet from  
Your Parent Coordinator  
Ms. Pink



HAPPY  
HOLIDAYS!



*Happy Holidays WCHS Families,*

*I would like to wish you all a Very Happy, Healthy, and Safe Holiday Season. I put together some Holiday resources, magical places to go with your family, mental health tips, parenting tips & more for you. I look forward to seeing all families in the New Year 2024. Remember Parent Involvement is key to your scholar's success at WCHS.*

*Be well & Stay Safe.*

*Warmest Regards,*

*Ms. Pink*



# *Magical Things To Do In New York City This December*



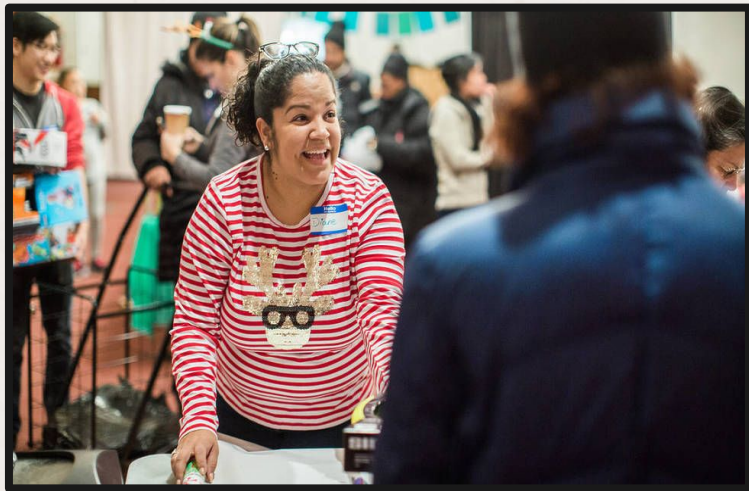
## 15 NYC Businesses Where You Can #ShopLocal For Last-Minute Holiday Gifts



Christmas is almost here! Here are some of the best places to find local goods this holiday season throughout NYC. Visit this site for more details:

<https://secretnyc.co/local-nyc-shops-holiday-gifts/>

## 8 Opportunities To Volunteer This Holiday Season In NYC



The holiday season is all about giving back, and these NYC organizations are hosting toy drives, coat donations, fundraisers, and more! Visit this link to find places to give back and volunteer: <https://secretnyc.co/volunteer-opportunities-nyc/>

## A Complete Guide To Celebrating Kwanzaa 2023 In NYC



This holiday that celebrates African-American culture kicks off on December 26, and here's what you need to know! Visit this site for places to go from film, theater and more: <https://secretnyc.co/kwanzaa-in-nyc/>

## 25 Best Holiday Light Displays Illuminating NYC This Year



Between tree lighting ceremonies and pop-up events, the holiday spirit in NYC is absolutely unmatched! Of course a major part of this is the stunning holiday lights that are lighting up all across the boroughs, dazzling New Yorkers everywhere they look. And with the holiday season approaching, you'll definitely want to take in all the gorgeous lights scattered across the city!

Whether you're looking for a neat Instagram shot, or want to just get into a festive mood, here are some of the best places to find holiday lights in NYC: Visit this link for more details:

<https://secretnyc.co/definitive-guide-best-tree-lighting-ceremonies-nyc/>

## 10 Best New Year's Eve Dinners In NYC To Book This Year



New Year's Eve is approaching in the coming weeks and if you're still trying to figure out plans, why not at least start it off with a tasty meal? Going into 2024 with a proper final feast can be a great send off, and many of NYC's restaurants are offering delicious specials. From prix-fixe menus to full-on live music experiences, there's a little something for everyone and every budget! Here's my favorite NYE dinners being served in NYC this year! Visit this site for more details: <https://secretnyc.co/new-years-eve-in-nyc/>

## 15 Places With The Best Hot Chocolate In NYC



NYC has no shortage of trendy spots to try, but when it comes to this chocolatey drink there's a handful of places you absolutely have to taste so we decided to create a map for you of where to get the best hot chocolate in NYC.

Some of these tasty creations are particularly chocolatey, others are all about the marshmallow topping, but one thing is undebatable—you'll be smiling from the warmth and deliciousness with each sip. Don't believe us? We'll let the pictures do the talking. Visit this link for location details: <https://secretnyc.co/best-hot-chocolates-nyc-keep-cozy/>

## Try all the mouthwatering treats at Bryant Park's Winter Village



Sure Bryant Park's Winter Village is perfect for ice skating and holiday shopping, but let's not forget that it's a foodie's paradise. Feast outrageously flavored hot cocoa, fruit-filled crepes, or Nutella-drenched bombolones. Visit this link for more details:

<https://secretnyc.co/treats-you-must-try-at-bryant-parks-winter-village/>

And of course, watch the Ball Drop on NYE!



*In-person spectators are welcome to Times Square for NYE to see the iconic ball and Ring in 2024! Dress warm and be safe.*

A decorative border surrounds the central text, featuring stylized flowers in orange, red, and yellow, green leaves, and swirling orange and red lines. The entire design is set against a dark green background.

# **SCHOOL NEWS & HAPPENINGS**

# 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.

01

02

03

04

05

## 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.





## 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



WILLIAMSBURG  
CHARTER HIGH SCHOOL



The Williamsburg Charter High School Parent Leadership Council (PLC) is thrilled to announce our fundraising campaign for the 2023-2024 School Year. Our goal is to provide college essentials to a minimum of 10 deserving scholars upon their graduation, as well as establishing ongoing funds to support families & scholars in need, and to facilitate exciting parent activities. We are counting on your generous support as no donation is too small.

You can easily contribute by using Zelle: Simply send your donation to [kfernandez@thewcs.org](mailto:kfernandez@thewcs.org) and **Remember to write "PLC Donation" in the Memo line.** We wholeheartedly welcome all donations and are incredibly grateful for your participation in this exciting endeavor!





El consejo de Liderazgo de Padres de Williamsburg Charter High School (PLC) se complace en anunciar nuestra campaña de recaudación de fondos para el año escolar 2023-2024. Nuestro objetivo es proporcionar elementos básicos para la universidad a un mínimo de 10 estudiantes que lo merezcan después de su graduación, así como establecer fondos continuos para apoyar a las familias y estudiantes necesitados, y facilitar actividades interesantes para los padres. Contamos con tu apoyo generoso ya que ninguna donación es demasiado pequeña.

Puedes contribuir fácilmente usando Zelle: Simplemente envíe su donación a [kfernandez@thewcs.org](mailto:kfernandez@thewcs.org) y **Recuerde de escribir "PLC Donation" en la línea de notas.** ¡Damos la bienvenida de todo corazón a todas las donaciones y estamos increíblemente agradecidos por su participación en este emocionante esfuerzo!





#### Battle of the Borough Recap:

Chloe D., Ja'mir W., Yamilka L., Roslyn R., Shaz L., and Grace P. all participated in SuitUp's Battle of the Borough Business Competition on December 12th. They got to work with coaches from companies such as Santander & Goldman Sachs to help develop a business that tackles a societal issue and focuses on improving the community.

Chloe, Ja'mir, and Yamilka developed a business called "Ecorenewal" that collected recyclable materials to convert them into Legos for children. Roslyn, Shaz, and Grace developed a robot cleaner called "Project PaTrasha" that was semi-autonomous and would focus on cleaning the streets of Brooklyn. In this event they had to demonstrate their critical thinking skills, business skills, public speaking skills and work to meet deadlines. Both teams represented Williamsburg Charter High School so well!

Roslyn, Shaz, and Grace won the semi-finals for the borough of Brooklyn. They then presented to everyone that attended the event for finals and competed against one group from each borough. They did a great job presenting to a huge audience of students, adults, coaches, and judges.

Special shoutout to those students and their hardwork and dedication to the event and creating innovative ideas to help NYC! A huge shoutout to Ms. Burchett who helped get students involved and chaperone the field trip!!  
- Mr. Fuller



**BUNDLE UP  
& GIVE**

## BLOOD DRIVE

**Tuesday, January 16<sup>th</sup>, 2024  
8:00AM-2:00PM**

**Williamsburg Charter High School  
1<sup>st</sup> Floor – Media Room**

To schedule your appointment to donate [Click Here](#), scan the QR Code.



[Individual Donor Assessment \(IDA\) - New York Blood Center \(NYBC\)](#)

[Donor Eligibility - New York Blood Center \(NYBC\)](#)

Please remember to eat, drink, and bring your ID with your name and photo. Appointments are preferred however walk-ins will be welcomed if space permits.  
Visit [nybc.org/coronavirus](#) for COVID-19 safety protocols.



800.933.BLOOD · nybc.org [#nybloodcenter](#)



**BUNDLE UP  
& GIVE**

## DONACION DE SANGRE

**Martes 16 de enero de 2024  
8:00AM-2:00PM**

**Williamsburg Charter High School**

**Sala multimedia del primer piso**

Para programar su cita para donar [Click Here](#), escanea el código QR.



[Individual Donor Assessment \(IDA\) - New York Blood Center \(NYBC\)](#)

[Donor Eligibility - New York Blood Center \(NYBC\)](#)

Please remember to eat, drink, and bring your ID with your name and photo. Appointments are preferred however walk-ins will be welcomed if space permits.  
Visit [nybc.org/coronavirus](#) for COVID-19 safety protocols.



800.933.BLOOD · nybc.org [#nybloodcenter](#)



## Regents Review

January Regents Exam Dates	
January 23, 2024-January 26, 2024	
Regents Review Sessions	November 13, 2023- January 22, 2024

### Fall Regents Review Schedule 3:10-4:10pm

Class	Teacher(s)	Days and Time	Rooms
Algebra II	Jin	Monday, Tuesday, Thursday & Friday	223
Algebra	Ahmed	Monday, Tuesday, Thursday & Friday	319
Geometry	Yoon	Monday, Tuesday, & Thursday	513
Chemistry	Waldron	Friday	622
Earth Science	Wade	Tuesday	425
Living Environment	Jimenez	Monday, Tuesday, & Thursday	224
Living Environment	Miller	Monday	325
Global History	Livshultz	Monday & Tuesday	409
Global History (ENL)	Lara	Monday & Friday	330
US History	Burchett	Tuesday & Thursday	613
English	McKay	Monday, Tuesday, Thursday (until November 30th) & Friday	612
Chemistry	Solomon	Tuesday	532
English	Brown	Thursday (starting 12/7)	612

## Repaso para los Regents

Fechas de los Exámenes Regents en Enero	
23 de enero de 2024 - 26 de enero de 2024	
Sesiones de Repaso para los Regents	13 de noviembre de 2023- 22 de enero 2024

### Horario de Repaso para los Regents en Otoño 3:10-4:10pm

Clase	Maestro(s)	Días y Horas	Aula
Álgebra II	Jin	Lunes, Martes, Jueves, Viernes	223
Álgebra	Ahmed	Lunes, Martes, Jueves, Viernes	319
Geometría	Yoon	Lunes, Martes, Jueves	513
Química	Waldron	Viernes	622
Ciencia de la Tierra	Wade	Martes	425
Biología	Jimenez	Lunes, Martes, Jueves, Viernes	224
Biología	Miller	Lunes	325
Estudios Globales	Livshultz	Lunes, Martes	409
Estudios Globales (ENL)	Lara	Lunes, Viernes	330
Estudios de los Estados Unidos	Burchett	Martes, Jueves	613
Inglés	McKay	Lunes, Martes, Jueves (hasta 30 de noviembre), Viernes	612
Química	Solomon	Martes	532
Inglés	Brown	Jueves (comenzando 7/12)	612

# JANUARY REGENTS SCHEDULE



## REGENTS EXAMINATION SCHEDULE: JANUARY 2024

JANUARY 23 TUESDAY	JANUARY 24 WEDNESDAY	JANUARY 25 THURSDAY	JANUARY 26 FRIDAY
8:15 a.m.	8:15 a.m.	8:15 a.m.	8:15 a.m.
English Language Arts	Geometry  U.S. History & Government	Global History & Geography II	Physical Setting/Earth Science **  Physical Setting/Chemistry
12:15 p.m.	12:15 p.m.	12:15 p.m.	<u>Uniform Admission Deadlines</u>  Morning Examinations – 10:00 a.m.  Afternoon Examinations – 2:00 p.m.
Living Environment	Algebra I  Physical Setting/Physics*	Algebra II	

\* Available in Restricted Form only. Each copy of a restricted test is numbered and sealed in its own envelope and must be returned, whether used or unused, to the Department at the end of the examination period.

\*\*Students registered for the Earth Science Regents on Fri., 1/26, must take the Earth Science Lab Practical on Wednesday January 10th at 2pm in room 425. If students were absent they must attend the make-up Lab Practical on Weds., 1/17 after school at 2pm in Room 425.

Estudiantes programados para tomar el Regents en Ciencias de la Tierra el viernes, 26 de enero, necesitan tomar la práctica de laboratorio el miércoles 10 de enero a las 2 de la tarde en sala 425. Si estudiantes están ausente, deben tomar la práctica de laboratorio el jueves, 17 de enero a las 2pm en sala 425.

# WCHS YEARBOOK PICTURES

**JANUARY 4TH  
FRESHMEN & SOPHOMORE**

**JANUARY 5TH  
SOPHOMORE & JUNIOR**



**ALL STUDENTS MUST BE IN  
FULL WCHS UNIFORM**

## Optional Photo Package Available

Print Name \_\_\_\_\_ Phone No. \_\_\_\_\_  
Address \_\_\_\_\_ School \_\_\_\_\_ Class \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

DEAR PARENTS,

YOU HAVE A CHOICE OF 3 PACKAGES:

PACKAGE A: ☐

- 1 - 5x7 Individual Portrait
- 2 - 3x5 Portraits
- 4 - Large Wallet Size

All For \$32.00

PACKAGE B: ☐

- 1 - 8x10 For Mother & Father
- 2 - 5x7 For Grandparents
- 2 - 3x5 Portraits
- 4 - Wallets For Your Relatives

All For \$38.00

PACKAGE C: ☐

- 1 - 10x13 For Mother & Father
- 2 - 5x7 For Grandparents
- 2 - 3x5 Portraits
- 8 - Wallets For Your Relatives

All For \$45.00

PAYMENT: \$ \_\_\_\_\_

EXACT AMOUNT  
NO CHANGE

ADDITIONAL \$10.00 (Face retouching for package)  
Rev. 9/22

RON JORDAN NATOLI STUDIO  
352 COURT STREET  
BROOKLYN, NY 11231  
718-797-1913



## College & Career Readiness Office

### Mission and Vision Statement

#### Multi-Tier Supports

- Personalized individual and family meetings
- College and trade school application support
- Groups, workshops, and information sessions
- SAT administration
- Curriculum and resource materials
- School-wide events
- Field trips
- Fee waivers
- College NOW partnership

#### More Info

(718) 782-9830  
198 Varet Street  
Brooklyn, NY 11206



To deliver comprehensive ASCA-aligned college and career readiness counseling with the belief that every student can develop the necessary mindsets and behaviors to achieve postsecondary success in college, trade schools, and the workforce.



## Oficina de Preparación Universitaria y Profesional

### Declaración de Misión y Visión

#### Soportes de Varios Niveles

- Reuniones individuales y familiares personalizadas
- Soporte para solicitudes de universidades y escuelas profesionales
- Grupos, talleres y sesiones informativas
- Administración del SAT
- Plan de estudios y materiales de recursos
- Eventos para toda la escuela
- Paseos
- Exenciones de cuotas
- Asociación con College NOW

#### Más Información

(718) 782-9830  
198 Varet Street  
Brooklyn, NY 11206



Brindar asesoramiento integral de preparación universitaria y profesional alineado con ASCA con la creencia de que cada estudiante puede desarrollar la mentalidad y los comportamientos necesarios para lograr el éxito postsecundario en la universidad, las escuelas vocacionales y la fuerza laboral

# WCHS ADMISSIONS

+

# ADMISIONES DE WCHS

@Williamsburgcharter

WILLIAMSBURG  
CHARTER HIGH SCHOOL



## UPCOMING OPEN HOUSE DATES Próximas fechas de jornada de puertas abiertas

### DATES/TIMES

DEC 16, 10AM  
JAN 20, 10AM  
FEB 10, 10AM  
MAR 16, 10AM  
APR 6, 10AM  
MAY 18, 10AM  
JUNE 15, 10AM

### Fechas/ Horas

Diciembre 16, 10AM  
Enero 20, 10AM  
Febrero 10, 10AM  
Marzo 16, 10AM  
Abril 6, 10AM  
Mayo 18, 10AM  
Junio 15, 10AM

198 Varet Street, Brooklyn  
NY 11206

FOR M-RE INFO:  
Para obtener más información,

[www.beacons.ai/wchs](http://www.beacons.ai/wchs)

RSVP HERE FOR OPEN HOUSE

Reservación para Casa Abierta



## APPLY NOW FOR 2024 -2025

Join us for an inspiring educational journey at Williamsburg Charter High School! **Apply Now for the 2024-2025** school year and unlock your potential. Embrace learning in an inclusive community right here in Brooklyn, New York. #WCHS #BrooklynEducation #ApplyNow"

[www.thewcs.org/apply](http://www.thewcs.org/apply)



## APLIQUE AHORA PARA 2024 -2025

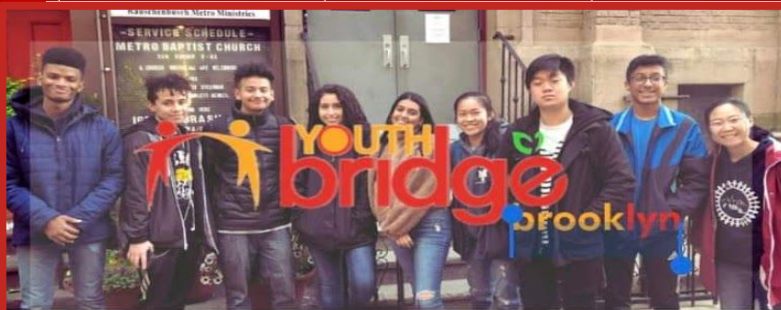
Únete a nosotros para un viaje educativo inspirador en la Escuela Secundaria Charter de Williamsburg. ¡Aplica ahora para el año escolar 2024-2025 y desbloquea tu potencial! Acepta el aprendizaje en una comunidad inclusiva aquí en Brooklyn, Nueva York. #WCHS #EducaciónBrooklyn #AplicaAhora

[www.thewcs.org/aplique](http://www.thewcs.org/aplique)



A decorative border surrounds the central text, featuring stylized flowers in shades of orange, red, and yellow, green leaves, and swirling orange and dark green lines. The entire design is set against a solid red background.

# **YOUTH OPPORTUNITIES & RESOURCES**



Be the difference maker in YOUR Brooklyn community

- 5-month fellowship program
- 10th & 11th graders
- Meet twice per month in Brooklyn

Learn how to: discuss, debate, form opinions and develop skills to solve problems and work with others in your community.

Contact Kim Robinson at  
Robinsonlk@jcrcny.org  
212-983-4800 X 110

Learn more and apply | [www.jcrcny.org](http://www.jcrcny.org)

**RESOURCE FROM MS. PINK**



**Digital Girl, Inc.**  
A STEM PROGRAM. ENRICHING GIRLS FROM THE ROOT.



## Young Adult Job & Resource Fair

**Tuesday, Jan 23rd, 2024  
10:00 AM-2:00 PM**

**Major Owens Health and Wellness Center  
Betty Carter Auditorium  
1561 Bedford Avenue  
Brooklyn NY 11225**

Register Your Company to Participate/Table at

<https://www.digitalgirlinc.org/community-resources>

or  
Scan the QR code



For more information contact  
[awashington@bsdcorp.org](mailto:awashington@bsdcorp.org)

**RESOURCE FROM MS. PINK**



Extraordinary youth.  
Unconventional care.  
Life-changing results.

NEW YORK CITY COUNCIL MEMBER  
**CHI OSSÉ**



**NYC**  
Department of  
Health & Community  
Development





The deadline for submissions is January 12, 2024. Winners will be notified by January 20 and their letters will be featured on our website. Any questions, contact [msanchez@youthcomm.org](mailto:msanchez@youthcomm.org).

#### Contest Rules:

- You must be between the ages of 14 and 19.
- Letters should be no more than 300 words.
- You may respond to only one story.
- If you win, your letter will be published on our website. Tell us if you want it to be printed anonymously—but you should still type in your full name and complete address so we know where to mail your check if you win.
- Current *YouthComm* or *Represent* writers may not enter the writing contest.
- Letters may be edited by Youth Communication editors for brevity and clarity. All entries become property of Youth Communication. Go to this link for more details: <https://youthcomm.org/teen-writing-contest/>



## TEEN WRITING CONTEST

DEADLINE:  
FRIDAY JANUARY 6

Youth Communication is sponsoring a writing contest for young people. Every three months, we will highlight five recent stories and ask readers to choose one and write a response to the author. Tell them how you related to their story, what lessons you learned, or other ways the story impacted you. We will choose three winners with prizes of \$150 (1st prize), \$75 (2nd prize), and \$50 (3rd prize).



# NYC Ladders for Leaders

**NYC**  
Department of  
Youth & Community  
Development

**NYC Youth Ages 16-24**

Today's Internships for Tomorrow's Leaders.



Apply now  
[application.nycsyep.com](https://application.nycsyep.com)

or call 1.800-246-4646

**RESOURCE FROM MS. PINK**



Elevate your future with Ladders for Leaders!

Applications are OPEN for this prestigious program, providing high school and college students with paid summer internships at top corporations, nonprofits, and government agencies in NYC. 👛

Don't miss this chance to gain valuable experience! Visit our website to apply and learn more: <https://application.nycsyep.com/>

# Introducing **free** online therapy *for NYC teens*



Brought to you by **NYC**  
teenspace

School stress, relationships, friend  
drama — teen life can be a lot.




Brought to you by **NYC**  
teenspace



The NYC Health Department is offering teens mental health support. Now anyone 13-17 living in NYC has access to Talkspace at no cost.




Brought to you by 



Get matched with a therapist for 1-on-1 online support.

Visit [talkspace.com/nyc](https://talkspace.com/nyc) to get started.



Brought to you by 



## 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

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

56 ÷ 8 = 7  
dividend ÷ divisor = 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 <sup>2</sup> )
9 pies cuadrados	= 1 yarda cuadrada	
160 varas cuadradas	= 1 acre	
640 acres cuadrados	= 1 milla cuadrada	(1 milla <sup>2</sup> )

## VOLUMEN

1728 pulgadas cúbicas	= 1 pie cúbico	(pie <sup>3</sup> )
27 pies cúbicos	= 1 yarda cúbica	(yarda <sup>3</sup> )

## 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 añadido el signo

- menos, sustrae (utilizado para restar) o añade 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  
E 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.

**Perímetro** — 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 o 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	product	5	adendo
		+ 5	adendo
		20	suma
4	x	5	= 20
factor	x	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	156 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 decimos

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

A decorative border surrounds the central text, featuring stylized flowers in shades of orange, red, and yellow, green leaves, and swirling orange and green lines. The entire design is set against a solid red background.

# **COMMUNITY HAPPENINGS & RESOURCES**



*"Delicious Cakes  
& Pastries!"*

*M&S Rum Cake & Pastry*

*Catering*

*Service*



*Are you in search of delectable desserts, cakes, cupcakes, or even Caribbean fruit cakes? Look no further than M&S Bakery! With over a decade of serving the community, M&S Bakery has established itself as a trusted and reliable source for all your sweet cravings. Prepare to be amazed by their incredible array of desserts that are sure to tantalize your taste buds.*

*Don't wait any longer, place your order now by simply scanning the QR Code provided and secure your delectable treats for the upcoming Holiday & New Year celebrations. Indulge in the bold flavors and exquisite craftsmanship that M&S Bakery has to offer.*





Dr. Jerry V. Burns, Founder

1982- PRESENT

Supt. Bernard Taylor, Pastor

# OPEN DOOR FAMILY LIFE CENTER FUNDRAISER

EVERY SATURDAY  
8:30 AM- 10:30 AM

This is how we do our part by  
Paying it Forward within our Community!

The poster features several photographs: a man in a suit (Dr. Jerry V. Burns), a group of people at a food distribution event, a young girl holding a small object, and a large pile of oranges being sorted by volunteers.



## OUR MISSION

- Provide healthy food choices within the community
- Build external relationships with outreach organizations and entities.
- Bring awareness to community issues related to mental health, food insecurity, and nutrition.

The poster includes four photographs: a group of people at a food distribution event, a young girl holding a small object, a man in a yellow shirt and patterned apron, and a group of people at a food distribution event.



YOU'RE INVITED!

## WINTER RECESS

### FAMILY ACTIVITIES @ MCNY

FREE WITH MUSEUM ADMISSION

Tuesday, December 26 - Saturday, December 30, 2023  
Drop in between 11 AM - 3 PM

The Museum of the City of New York welcomes children of all ages and their families to join us this holiday season for winter-inspired activities for all to enjoy!

We'll celebrate the season with art activities, musical performances, storytime, holiday film screenings and a scavenger hunt for our winter installation *Gingerbread NYC: The Great Borough Bake Off*.

Make the Museum of the City of New York a part of your family's holiday tradition by stopping by.

Questions: [familyprograms@mcny.org](mailto:familyprograms@mcny.org) | [mcny.org/winter-recess-family-activities-mcny](https://mcny.org/winter-recess-family-activities-mcny)



The Frederick A.O. Schwarz Education Center is endowed by grants from The Thompson Family Foundation Fund, the F.A.O. Schwarz Family Foundation, the William Randolph Hearst Endowment, and other generous donors.

**Arts and Crafts**  
11 am-3 pm | DAILY

**Movies for Minis: Elf**  
Tuesday, 12/26  
Wednesday, 12/27  
Thursday, 12/28  
Showtime 12 pm  
\$5 for adults

**Storytime**  
11 am | DAILY  
Ages 3 to 5

**Musical Performances**  
Friday, 12/29  
Saturday, 12/30  
11 am - 11:45 am  
1 pm - 1:45 pm



FAITH TABERNACLE PRESENTS

# Christmas

MUSICAL

**THE KING IS BORN**

FRIDAY DECEMBER 22ND, 2023 AT 7PM

**Please bring an (unwrapped) toy to donate.**

**FAITH TABERNACLE**  
**94 LEXINGTON AVE**  
**BET FRANKLIN AND CLASSON AVENUES**  
**BROOKLYN NY 11238**

**SPECIAL GUEST:**  
**ENY COGOP**  
**"KIDS 4 CHRIST"**

Assemblymember  
Kenny Burgos

Councilwoman  
Amanda Farias

*Invites you to*  
*Happy Holiday*

**TOY  
DISTRIBUTION**

**Dec | 21 | 2023**

Starting At 3:00 pm  
While supplies last  
first come first served

IS 130 The Albert Einstein School  
in the Auditorium  
885 Bolton Avenue Bronx, NY, 10473

★ One toy per child, must be present ★

20 ST 23  
**JAMES**  
LODGE NO. 114

**ANNUAL  
DR. MADU RAO  
TOY  
GIVEAWAY**

**DECEMBER 22, 2023  
4:00PM - 7:00PM**

**SUNY DOWNSTATE  
HEALTH SCIENCES UNIVERSITY**

**450 CLARKSON AVE.  
BROOKLYN, NY 1120**

**WORSHIPFUL MASTER  
ANAND PERSAUD**

**GRAND MASTER  
GREGORY R. SMITH JR.**



DISTRICT  
ATTORNEY  
ERIC  
GONZALEZ

ASSEMBLYWOMAN  
NIKKI LUCAS

CONGRESSMAN  
HAKEEM JEFFRIES

IN PARTNERSHIP WITH



New Wave Dance  
YOUTH & COMMUNITY DEVELOPMENT

# Winter Wonderland Toy Giveaway

**SATURDAY  
DECEMBER 23RD, 2023**

FROM 11:00AM - 3:00PM

**BROOKLYN SPORTS CLUB**

1540 VAN SICLEN AVENUE  
(BTWN SEAVIEW AND SCHROEDERS AVE)  
GYMNASIUM

**CHILD MUST BE PRESENT  
TO RECEIVE A TOY WHILE SUPPLIES LAST**



RECAWAY  
STAGES

## Destiny Bound

in partnership with

Union Grove Missionary  
Baptist Church

Let's Talk About It Ministries  
&  
The Brooklyn Book Bodega



RAFAEL  
SALAMANCA JR.

Presents

## The Spirit of Giving

Free Toy  
and  
Children Coat Giveaway

December 23, 2023  
11:00am-1:00pm

FOR MORE INFO:

SHAKARA (347)841-8422

JANICE (516)425-7289

DEBORAH (917)318-5909

Ages: 1-14 years old

[HTTPS://DESTINYBOUNDNY.WIXSITE.COM/WEBSITE](https://destinyboundny.wixsite.com/website)



Location

Union Grove Missionary Baptist Church

1488 Hoe Avenue

Bronx, NY 10460

White Supplies Last

Child MUST be present



# Christmas

POP UP SHOP & TOY GIVEAWAY

**23** DEC 2023 | @goldies\_trinidinks  
@crazycapitalmedia

MEET & GREET WITH SANTA CLAUSE

3pm-9pm  
744 Nostrand Ave  
Brooklyn NY

**Support Black Owned  
Businesses!**

**LGBT Kwanzaa Community of NYC**



**Community Potluck**  
**46th Annual Kwanzaa Celebration**



**Nia ( Purpose )**

**SATURDAY**  
**DECEMBER 30<sup>TH</sup>**  
**2PM -5:30PM**  
**SAGE HARLEM**  
**220 W 143rd St**  
**NY, NY 10030**

**FREE ADMISSION**  
RSVP By 12/24/2023  
Confirm attendance by texting  
Imani: 718-926-5670

**Kwanzaa Program**

- Our Kwanzaa Kids
- The Pearls of Wisdom
- The Potluck Poets
- Clara Reyes St. Maarten
- Children Short Film

**KID'S ACTIVITIES • FOOD • MUSIC**

Email • [Imanirashid@aol.com](mailto:Imanirashid@aol.com) or Phone • Imani Rashid • 718-926-5670

Design services by katrinasimpson.com



A festive poster for a holiday event. The background is red with white snowflakes and green pine branches with gold ornaments. At the top, there are three logos: the New York City Police Department Seal, the CPS 6 KIDS logo, and the Community Affairs Bureau (CAB) logo. The main title 'Holiday LUNCHEON & DJ WORKSHOPS' is in a mix of gold script and green block letters. Below it, the date 'DECEMBER 27, 2023' and 'CELEBRATION BEGINS AT 4PM' are in white. A yellow banner lists activities: 'MULTIPLE DJ SETUPS', 'FREE DJ CLASS FOR KIDS AGES 10-18', 'TEEN DJ WORKSHOP BY BKLYN'S OWN DJ YOUNG STYLE', and 'FREE SCRATCH WORKSHOP BY THE CUT LIEUTENANT DJ ACE'. Logos for 'CUT DJ ACE LIEUTENANT' and 'TAYLOR-MADE TMP' are also present. At the bottom, the venue 'NYPD FDNY EMS CORRECTIONS' and address 'Nypd Community Center, 127 Pennsylvania Avenue, Bklyn' are listed. A contact line says 'For more info: TAYLOR-MADE PRODUCTIONS (646) 875-4480'. The bottom left shows a DJ mixer and turntables.

**CPS 6 KIDS**  
NEW YORK CITY POLICE DEPARTMENT  
COMMUNITY AFFAIRS BUREAU  
NYPD

# *Holiday* **LUNCHEON & DJ WORKSHOPS**

**DECEMBER 27, 2023**  
CELEBRATION BEGINS AT 4PM

**MULTIPLE DJ SETUPS**  
**FREE DJ CLASS FOR KIDS AGES 10-18**  
**TEEN DJ WORKSHOP BY BKLYN'S OWN DJ YOUNG STYLE**  
**FREE SCRATCH WORKSHOP BY THE CUT LIEUTENANT DJ ACE**

**NYPD FDNY EMS CORRECTIONS**

**Nypd Community Center**  
**127 Pennsylvania Avenue, Bklyn**

**For more info:**  
**TAYLOR-MADE PRODUCTIONS (646) 875-4480**



A festive poster for a Christmas toy giveaway. The background is red with white snowflakes. The title 'Christmas TOY Giveaway' is in large, stylized letters. A white circle on the left says 'DEC 23rd' and a white circle on the right says '12pm to 4pm'. The center features a collage of toys: a teddy bear wearing a Santa hat, a soccer ball, a yellow Volkswagen Beetle, a red motorcycle, a Rubik's cube, a football, a dartboard, and a small Christmas tree. At the bottom, the text 'MUSIC | FOOD | FUN' is in white, followed by the address '3931 KINGS HIGHWAY, BROOKLYN, NY 11234' and phone number '(718) 252-5540'.

# *Christmas* **TOY** *Giveaway*

**DEC 23rd**  
**12pm to 4pm**

**MUSIC | FOOD | FUN**  
**3931 KINGS HIGHWAY, BROOKLYN, NY 11234**  
**(718) 252-5540**

# Open House

180 Livingston Street, Brooklyn, NY **A C F G 2 3 4 5**  
Sunday, January 7 9 a.m. – 2 p.m.



Join the team that moves millions

## The MTA is hiring

• **On-site testing available** for qualified Bus Maintainer Chassis candidates (3-4 hours). First come, first served

• See [mta.info/careers/exam-schedule](https://mta.info/careers/exam-schedule) for testing for other positions

### Remember:

- Use the QR codes to review job descriptions and requirements
- Bring 4 copies of your resume
- Only candidates with auto mechanic training and/or experience permitted
- Government ID is required

**Bus Maintainer Chassis**  
MaBSTOA Job No. 4530



**Bus Maintainer Supervisor**  
MTA Bus Job No. 4507



**Line Supervisor (Surface)**  
NYCT Job No. 4500



**Cleaner Helper TWU – 100**  
MTA Bus Job No. 4506



**Cleaner Helper 01-D**  
NYCT Job No. 4504



**Maintainer's Helper Group B**  
(Auto Mechanic Helper)  
NYCT Exam Nos. 4604,  
4614, 4620, and 4626



Find out more  
[mta.info/bus-maintenance-open-house](https://mta.info/bus-maintenance-open-house)



## CUNY Language Immersion Program



CLIP is an option for students who have been accepted to CUNY and need to improve their academic English skills before taking college courses.

### Winter 2024

January 8 -  
February 21, 2024

Monday - Friday

Day: 8:45am - 2:30pm  
Eve: 5:00 - 10:00pm



**For more information and to register,  
please contact us:**

**Virtual Office Zoom Meeting ID: 857 4347 7610**  
**Email: [clip.kcc@kbcc.cuny.edu](mailto:clip.kcc@kbcc.cuny.edu)**  
**718-368-4870**

# Freeze Your Rent!



Eligible New Yorkers with disabilities and older New Yorkers can stop their rent from increasing with the City's Rent Freeze program.

Call PEU's **Rent Freeze** Hotline at **929-252-7242**.



**Rent  
Freeze**



# ¡Congele su alquiler!



Los neoyorquinos elegibles con discapacidades y los neoyorquinos mayores pueden evitar que su alquiler aumente con el programa Rent Freeze de la ciudad.

Llame a la línea directa del programa **Rent Freeze** de la Unidad de Participación Pública (Public Engagement Unit, PEU) al **929-252-7242**.



**Rent  
Freeze**



Need help applying for a Small Business Administration loan after the 9/29 flash floods damaged your home or business? Visit an outreach center!

Learn more about the loans and find your nearest outreach center at [on.nyc.gov/flashfloodrecovery](https://on.nyc.gov/flashfloodrecovery).



**WAS YOUR HOME OR BUSINESS  
DAMAGED BY THE FLOODING ON  
9/29?**

**You may qualify  
for a low-interest  
loan  
to help you  
recover!**

[on.nyc.gov/flashfloodrecovery](https://on.nyc.gov/flashfloodrecovery)



# MEDICAL BILLING & CODING PROGRAM

Ready to start a career in the medical field and earn your HSE diploma?

This intensive 15 week - 19 hours a week certificate program provides skills that are essential for working in a hospital, doctors office, nursing home, insurance companies, or start your own business.

## Upon completion of the program:

- Be able to prepare billing and insurance documents
- Be proficient in the use of ICD-10, CPT, & coding systems
- Demonstrate basic proficiency in anatomy & physiology required for medical billing
- Brush up on your HSE skills to pass the GED exam
- Prep for the national NHA (CBCS) exam

## Course Semester/Registration:

- Fall: August - December      • Spring: February - June
- Register: May                      Register: October

### Class Schedule:

Monday - Saturday 10:30am-1:30pm

\*All classes meet in-person.

## To start the enrollment process:



SCAN ME

## Contact Us for more information:

📞 718.622.4460 ext. 5

📧 [admissions@bklynlibrary.org](mailto:admissions@bklynlibrary.org)

# WE ARE ACCEPTING APPLICATIONS

APPLY NOW!

COHORT BEGINS:  
FEBRUARY 5, 2024

OFFICE ADMINISTRATION

HEALTHCARE ADMINISTRATION

## Requirements:

Women Ages 18-64  
U.S. Work Authorization  
High School or GED/TASC  
Diploma & Resume  
Social Security Card  
COVID-19 Vaccination

For More information:  
[admissions@graceinstitute.org](mailto:admissions@graceinstitute.org)  
646-290-5591

GRACE  
INSTITUTE  
Moving Women



"MADE IN NY"  
PRODUCTION ASSISTANT  
TRAINING PROGRAM



## WHAT IS A PRODUCTION ASSISTANT?

A Production Assistant (PA) is an entry-level job in film and TV productions. It's how you break into the industry! Almost everyone in the film and television industry starts as a PA. Those who begin their careers as PAs often move up into more skilled positions in specific crew departments.

Our FREE, 4-week training program prepares New Yorkers to work as PAs and connects them to their first jobs in the industry. Email [pa@bwiny.org](mailto:pa@bwiny.org) to learn more.

## VENTURE V FOR SNAP PARTICIPANTS PROGRAM

### DO YOU RECEIVE FOOD STAMPS (SNAP)?



Our **FREE** programs and classes are for you!

- **ENGLISH AS A SECOND LANGUAGE (ESL)**
- **CERTIFICATE PROGRAMS**  
PHARMACY TECHNICIAN,  
CERTIFIED NURSE AIDE, HOME  
HEALTH AIDE, EMERGENCY  
MEDICAL TECHNICIAN
- **JOB PLACEMENT ASSISTANCE**
- **HIGH SCHOOL EQUIVALENCY (HSE)**  
ONE OF THE BEST  
INSTRUCTIONAL PROGRAMS  
TO PREPARE YOU FOR THE GED  
EXAM. EVERY YEAR,  
HUNDREDS OF ADULTS WHO  
PREPARE AT KINGSBOROUGH  
EARN THEIR HSE DIPLOMAS



**FOR MORE INFORMATION, CALL 718-368-4870**

CUNY Kingsborough Community College | Office of Continuing Education | Workforce Development & Strategic Community Partnership  
2001 Oriental Boulevard, Building T-2, Room 231, Brooklyn, NY 11235 | [www.kbcc.cuny.edu/continuinged](http://www.kbcc.cuny.edu/continuinged)





## Enhanced Young Adult Literacy Program

### Are you ready to earn your HSE?

Join the Library's Enhanced Young Adult Literacy Program, a pre-HSE prep program designed to meet the specific needs of young adults.

### Eligibility

Participants must be between 17–24 years old, not enrolled in school or working full-time.

### Take the Next Step

To get started, complete our online interest form via web or QR code:  
[bklynlib.org/eyalp-form](https://bklynlib.org/eyalp-form)



For more information, contact us at  
[eyalp@bklynlibrary.org](mailto:eyalp@bklynlibrary.org) or 646.719.0113.

Visit us online at [bklynlib.org/eyalp](https://bklynlib.org/eyalp)



The Enhanced Young Adult Literacy Program (EYALP) is supported by generous grants from the City of New York, the Mayor's Office for Economic Opportunity.

10/21 FL 10/21

## DUAL HSE & FRONT DESK CERTIFICATION CLASS

First impressions start with you! Are you interested in earning a nationally recognized hospitality front desk representative certification? Join our session to learn how you can learn the necessary skills to manage, solve problems, and handle safety concerns all while finishing your HSE diploma.

**FREE**

### Class Information:

Winter: Jan. - March  
Spring: April - June

10 weeks (hybrid)  
Saturdays 10-4 onsite and  
Thurs. 6-8 Zoom

To enroll use QR code or the link:

[bit.ly/FrontDeskHSE](https://bit.ly/FrontDeskHSE)



For questions, email [admissions@bklynlibrary.org](mailto:admissions@bklynlibrary.org) or text us at 732.930.0082



**Bklyn**  
Public Library | **Adult Learning**

## COME JOIN US FOR A **NEW JFK TERMINAL ONE** AND **TERMINAL SIX** PROJECTS LEARNING DAY!



THE NEW TERMINAL ONE AND TERMINAL SIX PROJECTS TEAM AT JFK, PORT AUTHORITY OF NEW YORK & NEW JERSEY (PANYNJ), AECOM TISHMAN, AND AECOM HUNT IN PARTNERSHIP WITH THE BUILDING AND CONSTRUCTION TRADES OF GREATER NEW YORK (BCTC), APPRENTICESHIP READINESS COLLECTIVE (ARC), AND CRESCENT CONSULTING

**INVITE YOU TO JOIN US!**

**WEDNESDAY, JANUARY 24, 2024**  
**4PM - 7PM**

### LEARN MORE ABOUT

- UNIONIZED APPRENTICESHIP and pathways into the unionized construction industry for NYS residents.
- DIRECT ENTRY ACCESS through pre-apprentice programs and how to qualify.
- JFK New Terminal One and Terminal Six Projects

### LOCATION

**JAMAICA MARKET / HARVEST ROOM**  
90 - 40 160TH STREET  
JAMAICA, NY 11432

### NEARBY TRANSIT OPTIONS

E, J & Z TRAINS TO JAMAICA CENTER - PARSONS/ARCHER  
054, 056, 0110 & 0112 BUS  
TO JAMAICA AVE/160TH ST

**AECOM TISHMAN**

**THE NEW TERMINAL ONE**  
JFK INTERNATIONAL AIRPORT

**AECOM HUNT**

**Crescent Consulting**



**NYC  
HEALTH +  
HOSPITALS**

**Great job training program for folks  
18+ interested in working as a peer  
counselor in a hospital setting!**  
**Includes industry certifications and a  
hospital-based internship!**

**Become a  
Peer Counselor**  **APPLY TODAY!**

### Register for the NYC Health + Hospitals Peer Academy

Are you seeking a career with meaning and purpose? Would you like to earn two peer certifications? Interested in interning at a hospital?

Peer Counselors use their experience with recovery from mental health or substance use challenges to build supportive relationships with others.



Apply for this no-cost training and internship program by scanning the QR code or going to this link:

<https://nychealthandhospitals.surveymonkey.com/v1/HHPeerS24>

For more information or to join an info session, email:  
OBHPeerAcademy@nychhc.org

**Deadline to apply: January 18, 2024**

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>





# PER SCHOLAS

Powered by



A TECHNOLOGY  
TRAINING  
PARTNERSHIP

## IT TRAINING IN CYBERSECURITY

FREE training program in  
technology.



Cypress Hills ENY Community Center  
276 Chestnut Street Brooklyn NY 11208

# Per Scholas

## IT Training in Cybersecurity

Scholarships to earn the CompTIA A+ Certification and Google IT Support Professional Certificate.

Members will learn the fundamentals of IT Support, computer hardware, operating systems, device management, troubleshooting across systems, and more.

Applicants must:

- Be 18+ years old.
- Have a high school diploma or H. S. E.
- Have a passion for IT (some tech experience and knowledge in troubleshooting are required.)
- Pass the assessment tests and interview.
- Be available Mon-Friday from 9 am-4 pm for 15 weeks of training.
- Be authorized to work in the United States.

For more information, call Nadine at 845-328-2570 or email [ittraining@cypresshills.org](mailto:ittraining@cypresshills.org)

**APPLY HERE**





## CAREERS THAT CARE

FREE training programs in  
healthcare.

Cypress Hills ENY Community Center  
276 Chestnut Street Brooklyn NY 11208

## CTC Careers That Care

A program designed to provide members interested in an entry-level healthcare career with scholarships to attend a training program in:

- Certified Nursing Assistant

Applicants must:

- Be 18+ years old.
- Have a high school diploma or H.S.E.
- Provide proof of vaccination.
- Be eligible to work in the U.S.
- Not be enrolled in school or working.

For more information, call Stephanie at (272) 242-9176 or email [stephaniea@cypresshills.org](mailto:stephaniea@cypresshills.org)

APPLY HERE



# 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](https://nyc.gov/WeSpeakNYC)



# 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](https://nyc.gov/WeSpeakNYC)



A decorative border surrounds the central text, featuring stylized flowers in shades of orange, red, and yellow, green leaves, and swirling lines in orange and dark green. The entire design is set against a solid red background.

*HEALTH, MENTAL HEALTH  
& WELLNESS TIPS*



This time of year can be stressful. For some, the demands of family, travel, parties and gift shopping can feel overwhelming. For others, it's the absence of these things that make this time of year hard. Whatever your holidays look like, remembering the "me" in "merry" can make all the difference.


Practice \*SelfCare and protect your mental well-being using these tips:

**Set boundaries:** Respect yourself by knowing when to say "enough." Put a limit on how much time you spend on holiday tasks and take breaks to recharge between errands and events. Setting limits should also extend to social interactions. Invest your time and energy in relationships that make you feel good.

**Decorate for comfort:** When it comes to your own space you don't have to decorate using traditional holiday themes or colors. Pick a look and palette that gives you a sense of peace and makes you feel extra cozy and incorporate scents (candles are great!) that remind you of happy times and make your home feel like a sanctuary.

**Show yourself some extra love:** This is the perfect time of year to show appreciation for the people in your life, but don't forget to appreciate yourself. Buy or make a present for future you – something that will support your mental health or encourage a fun hobby in the new year.

**Find ways to give back:** Volunteering can ward off loneliness, strengthen self-esteem and help you feel more socially connected. Consider preparing or serving meals at a local food bank, visiting people in hospitals or long term care facilities, or wrapping gifts for organizations that help the less fortunate.





LIVE

YOUR LIFE.

**Need to talk to someone  
about your mental health  
or substance use?**

We're only three numbers away.  
Call or text.

988

988 SUICIDE & CRISIS  
LIFELINE

NYC  
Health

Eric L. Adams  
Mayor  
Ashwin Vasan, MD, PhD  
Commissioner



**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



NEW YORK  
STATE OF  
MENTAL HEALTH  
Office of  
Mental Health



**Need to Talk This Winter?**

**NY Project Hope Emotional Support Helpline:**  
1-844-863-9314

**Crisis Text Line:** Text GOT5 to 741741

**National Suicide Prevention Lifeline:**  
1-800-273-TALK (8255)

**Trevor Lifeline:** 1-866-488-7386

**Trevor Text:** Text START to 678678

## Coping with Thoughts of Suicide

If you have had thoughts of suicide or have attempted suicide in the past, take extra care of yourself. Try to:

- 🧘 **Take care of your body.** Stay physically active, get enough sleep, eat well and avoid excessive amounts of alcohol, non-prescribed drugs and caffeine.

- 📖 **Take care of your mind.** Set a limit on the amount of media you watch and read, including social media.

- 📞 **Stay connected.** Connect and talk with loved ones, friends and family.

**If you are having thoughts of suicide:**

- 📝 **Create a suicide safety plan.**

- 🤝 **Reach out for support and help.**

NYC Well counselors are available to listen to and support you 24/7.

**If you or someone you know is at immediate risk of hurting themselves, or is in immediate danger, call 911.**



To reach out to NYC Well: Call 888-NYC-Well, text "WELL" to 65173 or visit [nyc.gov/nycwell](https://nyc.gov/nycwell).





A young Black man and woman are holding a large white letter 'Q' between them. The man is on the left, wearing a striped shirt and a watch. The woman is on the right, wearing an orange shirt and a white headband. In the top right corner, there is a logo consisting of a grid of colored squares (green, blue, yellow, orange, purple). The background is a solid pink color.

# CHAT SPACE

**@LGBTBROOKLYN**

**FOR YOUTH OF COLOR**  
**TUESDAYS 5-6:30 PM**



A logo for 'Q Chat Space' featuring a stylized yellow 'Q' inside a purple circle, with the text 'Q CHAT SPACE' to its right.

# RESOURCES

for the LGBTQ+ community



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



COLAGE  
Supporting people with LGBTQ+ caregivers  
[colage.org](http://colage.org)



Straight for Equality  
Learning sessions to help support allyship  
[straightforequality.org](http://straightforequality.org)



Transgender Legal Defense & Education Fund  
Ending discrimination based upon gender  
identity and expression  
[transgenderlegal.org](http://transgenderlegal.org)

More resources are available at:  
[glaad.org/resourcelist](http://glaad.org/resourcelist)

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

**@LATINXINSOCIALWORK**

# Food Allergies Resource



## Preparing food for someone with food allergies?

- Read all ingredient labels
- Wash your hands
- Prepare foods on a clean surface
- Use clean and separate utensils, cookware and dishes



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

[kidswithfoodallergies.org](http://kidswithfoodallergies.org)



# HOW TO EAT OUT SAFELY WITH ALLERGIES

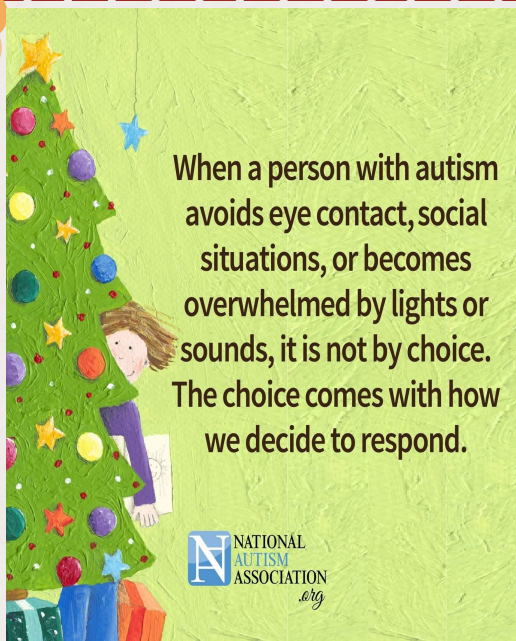
- 1 If possible call ahead to see if they can cater for your allergies
- 2 Go at quieter times if possible
- 3 Always check the ingredients of the meal and state you have allergies
- 4 If wait staff are unsure ask to speak to the chef
- 5 Visually check your meal when it arrives.
- 6 Always carry your EpiPens/Anapens



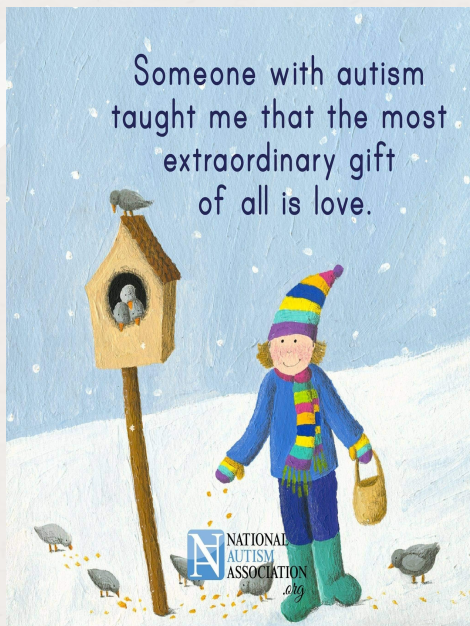
There is  
**NO CURE**  
for food allergies yet.



[kidswithfoodallergies.org](http://kidswithfoodallergies.org)



## Autism Resource



## WANDERING INCIDENTS TEND TO INCREASE DURING HOLIDAY GATHERINGS AND TIMES OF TRANSITION.

- ✓ Remain hypervigilant
- ✓ Assign one responsible adult to closely supervise your child
- ✓ Use tools, such as social stories, door chimes & stop signs
- ✓ If a child with autism is missing, search nearby water & busy roads first



# December Self-Care Goals

Name 3 things I  
love about me



Laugh with  
someone



Listen to  
soothing music



Name 3 things  
I'm grateful for

Get a massage



Give myself  
nourishing food



Focus on  
what's going right



Have coffee  
with a friend



Move my body



Bake treats  
& share them



Breathe deeply  
if overwhelmed

Say "no" if I  
need to rest



Write 3 things I  
am proud about



Volunteer  
& give back



Worry less about  
small things



Spend time with  
a loved one



Plant  
something



Stay  
grounded





# **RECIPES FOR THE HOLIDAYS**



## Christmas Tree CHARCUTERIE BOARD

Italian dry salame  
prosciutto  
kiwis  
blueberries  
Wensleydale with cranberries  
mozzarella cheese pearls  
muenster cheese slices  
green olives  
almonds  
round crackers  
pretzel sticks  
rosemary sprigs

Recipe here:

<https://therecipecritic.com/christmas-tree-charcuterie-board/>

*The cutest addition to any holiday party, this Christmas tree charcuterie board is both festive and delicious! It features a delicious mix of salami, prosciutto, cheese, fruits, and nuts, with rosemary sprigs as tree branches! It almost looks too good to eat.*

# cranberry CHRISTMAS CAKE



Recipe here: <https://therecipecritic.com/christmas-cake/>

Cranberry Christmas cake is a show-stopping dessert you have got to try this holiday season! It's an amazing white cake filled with cranberries and topped with indulgent white chocolate buttercream!



# peppermint MERINGUE KISSES

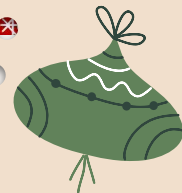


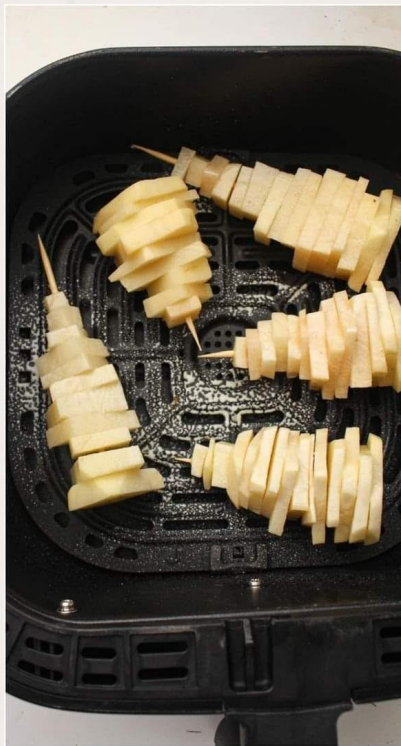
1 ½ cups granulated sugar  
6 large egg whites  
¼ tsp lemon juice  
1 pinch salt  
½ tsp vanilla extract  
1 tsp peppermint extract  
red gel food coloring

Recipe here:

<https://therecipecritic.com/peppermint-meringue-kisses/>

Peppermint Meringue Kisses are crunchy on the outside with a soft and chewy middle, and a peppermint flavor that is sweet and refreshing. They are the cutest little candies and are perfect for gifting this holiday season!





## AIR FRYER CHRISTMAS TREE POTATOES!!

[https://theflexiblefridge.com/tik-tok-air-fryer-christmas-potato-tree/?fbclid=IwAR2-YhnaF66v6PvTPlr1DVDq0rG5\\_2dyf5FAy2-uwH9sIHxVU6\\_A\\_Q6AaKk](https://theflexiblefridge.com/tik-tok-air-fryer-christmas-potato-tree/?fbclid=IwAR2-YhnaF66v6PvTPlr1DVDq0rG5_2dyf5FAy2-uwH9sIHxVU6_A_Q6AaKk)



# cherry CHEESECAKE BROWNIES



## BROWNIES

1 cup butter  
6 oz unsweetened chocolate  
2 cups sugar  
1 tsp vanilla  
1 tsp salt  
4 large eggs  
1 1/4 cup flour  
1 can Lucky Leaf® cherry pie filling

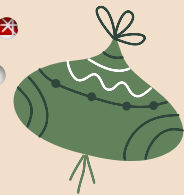
## CHEESECAKE TOPPING

2 8-oz pkg cream cheese  
1/2 cup sugar  
1 large egg  
1/2 tsp vanilla

Recipe here:

<https://therecipecritic.com/cherry-cheesecake-brownies/>

Cherry cheesecake brownies are fudgy brownies with cheesecake and premium cherry pie filling swirled on top!





*Easy Slow Cooker Chili Lime Mexican Shredded Beef takes mere minutes to prepare before letting the slow cooker do all of the work! Serve it up plain, or enjoy it in tacos, burritos, enchiladas, quesadillas, and more!*

*RECIPE:* [https://thestayathomechef.com/easy-slow-cooker-chili-lime-mexican/?fbclid=IwAR14gFfQOb\\_GyD9aHlct08\]kFsCtPFPmV7\]sapNx1erQRtT6Q69bQC7QwR0](https://thestayathomechef.com/easy-slow-cooker-chili-lime-mexican/?fbclid=IwAR14gFfQOb_GyD9aHlct08]kFsCtPFPmV7]sapNx1erQRtT6Q69bQC7QwR0)

NEW! These White Chocolate Cranberry Cookies are so delicious and festive. Recipe:

<https://natashaskitchen.com/white-chocolate-cranberry-cookies/>



Recipe here:

<https://therecipecritic.com/christmas-salad/>

Serve this refreshing festive Christmas salad with your holiday menu! It's a beautiful wintery salad full of mixed greens, orange slices, juicy pomegranates, red onion, candied pecans, and crumbled feta cheese. All tossed together in an orange vinaigrette.



6 cups mixed greens  
¼ cup red onion  
1 cup mandarin oranges  
½ cup pomegranate seeds  
½ cup feta cheese  
½ cup candied pecans

#### ORANGE VINAIGRETTE

1 tbsp orange zest  
2 tbsp orange juice  
2 tbsp apple cider vinegar  
2 tbsp honey  
2 tsp Dijon mustard  
½ tsp poppyseeds  
kosher salt to taste  
½ cup olive oil

This Gingerbread Hot Chocolate is perfect for fall and winter!

<https://www.cravingsofalunatic.com/gingerbread-hot-chocolate>



## Gingerbread HOT CHOCOLATE

#### Ingredient List:

chocolate milk  
unsweetened cocoa powder  
brown sugar  
biscoff or any cookie butter  
ground ginger  
ground cinnamon





cravingsofalunatic.com

A decorative border surrounds the central text, featuring stylized flowers in orange, red, and yellow, green leaves, and swirling orange and red lines. The entire design is set against a white background with a spiral binding on the left, all within a red frame.

# **PARENTING TIPS & RESOURCES**





**NATIONAL**  
**SchoolChoice**  
WEEK

**Monday, January 22, 2024**

**Sign Up & Join Us!**  
[bit.ly/NSCWNY2024](https://bit.ly/NSCWNY2024)

Join Children's Scholarship Fund, New York Charter Schools Association, ParentPowerEDNY, National Parents Union, Empire Center for Public Policy, and Families for NYC, and other groups from all over New York State!


We're going on a school choice road trip to the State Capitol in Albany on





**Monday, January 22, 2024**

Join us for a full day in Albany to meet with New York State elected officials and show your support for parents being in charge of their children's education!

Transportation will be provided along with meals and snacks

RSVP here: [bit.ly/NSCWNY2024](https://bit.ly/NSCWNY2024) or scan the QR code





For more details, contact Natasha Cherry-Perez at [ncherry-perez@nycharters.net](mailto:ncherry-perez@nycharters.net)



# *Tips to Avoid the Holiday Blues*

5

## TIPS TO AVOID THE HOLIDAY BLUES



## LIMIT OR AVOID INTOXICANTS

Alcohol can quickly worsen holiday-related depression and anxiety. Enjoy eggnog as a sweet treat, or mix cranberry juice and tonic water for a refreshing "fake" cocktail.



## BE AWARE



Tune in to your mental state: Feeling isolated? Reach out to family and friends for social contact, even if it's just coffee and chat. Let someone you trust know if you are struggling.

## EXERCISE AND INTERACT



We often avoid physical activity in colder months. Boost physical and mental health by bundling up and going for a walk or hike, preferably in nature.





## COMMIT TO LESS

Pressure to socialize and give gifts has a big psychological impact. Keep gift giving modest and affordable, and limit engagement to your close circle of friends and family.



## SLEEP WELL

Holidays are busy times, full of anticipation. Body and mind need adequate rest. Nip late nights in the bud, and take at least 30 minutes to wind down before bed.

# PRACTICE HOLIDAY SELF CARE



## TAKE TIME TO RELAX



Journal about what you're thinking and feeling, listen to music, or take a long bath.



## PRACTICE SELF-COMPASSION

♥  
Forgive yourself  
for mistakes

♥  
Think  
about one  
thing you  
did well  
recently

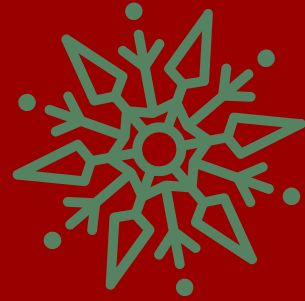
♥  
Recognize  
that you  
are doing  
your best



# DO SOMETHING THAT ENERGIZES YOU



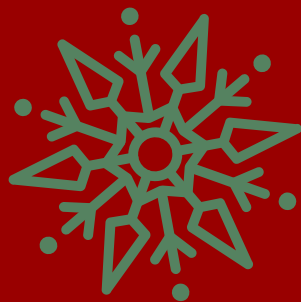
Do some stretching, go for a run, or put on some music and dance to your favorite song.



# PRACTICE POSITIVE SELF-TALK



What we say to ourselves  
matters—make it positive!



## Stress

### Stress at the Holidays

Why do we keep mentioning stress at the holidays?

Because there can be a boatload of stress at this time of year, stemming from family pressure, financial issues, or expectations that are just too high.

Use these simple strategies to help keep stress at bay:

1. Don't skip the basics. Exercise is critical, even if it's just a daily walk. Keep moving. The same is true with sleep. Make time for enough sleep.
2. Unhealthy food is everywhere at the holidays. Skip the treats. You'll thank yourself in January.
3. Say "No" often enough to make time for yourself. Having enough alone time to recharge your batteries can make a huge difference in your happiness and your stress level.

## CO-PARENTING During the Holidays

- be polite to your co-parent
- plan now for the upcoming holidays
- communicate with your co-parent; discuss gifts and activities
- be flexible
- put your child's needs first
- do not ask your child to choose sides



# LOVE YOURSELF MORE

Celebrate your  
accomplishments  
no matter how  
small

Allow yourself  
to make  
mistakes

Don't compare  
your progress  
with others

Prioritise  
being kind to  
yourself  
always

Don't be afraid  
to let go of toxic  
people

Your value is  
never in the way  
you look

Always trust  
yourself and  
believe you can  
do great things

Don't concern  
yourself with  
other's opinions  
of you



# Remember:

My email address is  
[mpink@thewcs.org](mailto:mpink@thewcs.org)

Check your emails for resources  
and school updates. Remember,  
I'm just an email away.





HAPPY HOLIDAYS  
ALL! - ❤️ Ms. Pink