

**Grade-level Counselors & Restorative Justice Educators
Caregiver Webinar**

**NORTHSIDE
CHARTER
HIGH SCHOOL**
B R O O K L Y N



*Wednesday, October 21th
6-7 p.m.*

Agenda

- Student Support
- Calendar
- Restorative Justice at NCHS
- Attendance
- School Calendar
- SAT
- Resources for parents

Grade Level

Counselor

Restorative Justice Educator

Grade 12

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Social Workers

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Calendar Semester I

October 2020						
S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2020						
S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2020						
S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2021						
S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Calendar Semester I

November 11th: Veteran's Day - School Closed

*November 26th - 27th: Thanksgiving Holiday -
School Closed*

*December 24th - 31st: Christmas Break - School
Closed*

January 1st - New Year's Day - School Closed





Restorative Justice at NCHS

ROLE of RJ Educator

We have high expectations of ourselves, students and caregivers

We have unwavering commitment to prioritizing the needs of our students first

RESTORATIVE QUESTIONS

When Challenging Behavior

1. What happened?
2. What were you thinking at the time?
3. What have you thought about since?
4. Who has been affected by what you have done? In what way?
5. What do you think needs to happen to make things right?



To Help Those Affected

1. What did you think when you realized what had happened?
2. What impact has this incident had on you and others?
3. What has been the hardest thing for you?
4. What do you think needs to happen to make things right?

Role of RJ Educator at NCHS

Coordinate grade level program activities including coordinating restorative circles and conferences, case tracking, and data tracking and recording.

Facilitate mediations in response to conflict: among students, between educators and students, among educators, between family members and educators.



Role of RJ Educator at NCHS

Ensure all students are:

- Safe
- Welcomed
- Able to maximize learning time

We accomplish this through implementing school-wide behavioral expectations and supporting students and staff through restorative practices.

Restorative Justice at NCHS

Our work is about developing relationships.

Students, Caregivers, Educators and other community members need authentic connection with one another, their individual identities, and their values.

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What are RJ Educators working on as of this week

RJ Educators are currently working on attendance, cooperating with the GLC on students whom are chronically absent.

The goal is to bring awareness to all families regarding their child's attendance in virtual learning.

To have families help Northside in making sure their child is present everyday and ready to learn during virtual learning.



Attendance Policies

Students must be:

- On time & ready to work
- Camera ON & ON Camera
- Make sure students fill out attendance sheets in classrooms, accurately & properly

Failure to adhere to the above policies may result:

- Possible decrease in grade
- Result in a home visit (If *chronically* absent)

Chronic Attendance

- 10% or more instructional days missed OR
- 10 consecutive instructional days missed

Outreach:

- Phone call
- Zoom meeting
- Home visit

Daily Schedule

1. Students can **pick up** Chromebooks, Math textbooks & materials **M - F 8am-4pm**. Students may **NOT** miss class to pick up materials!!!
2. Students HAVE to read their emails every day, as important information is shared through email.

SY20-21(M, T, Th, F) Schedule		
Class Period	Start Time	End Time
Advisory	8:00	8:15
1	8:15	9:45
2	10:00	11:30
Lunch	11:30	12:00
3	12:00	12:30
4	12:35	1:05
5	1:10	1:40
6	1:55	2:25
7	2:30	3:00
Office Hours	3:00	4:10

Updates

1. Most Students have authenticated their Northside emails on Zoom in order to be admitted to their scheduled classes.THANK YOU !
2. Students have renamed themselves in Zoom (Joe Smith, 12/Hernandez) to prevent zoom bombing.
3. Classes will be Asynchronous on 10/27 due to SAT and on 10/29 due to PSAT (juniors)

FAFSA & FSA ID

Filling out the [FAFSA](#) form is the first step to getting financial aid.

It is the application required by all schools in awarding federal student aid to those who qualify.

The FAFSA forms helps you get access to

- Federal Loans
- Federal Work Study
- State Grants & Scholarships
- Federal Student Loans
- State Loans
- Grants & Scholarships from other organizations
- [Understanding financial aid equation](#)
- [Completing the FAFSA](#)
- [FAFSA Step by step](#)

Virtual College Fairs & College Search

Virtual College Fair

1. <https://www.nacacfairs.org/virtual>

Sign up here

<https://virtualcollegefairs.org/events>

Video and sheet explaining the virtual college fair and how to make the most of it ! [video](#); [sheet](#)

2. [NYSACAC regional college fair](#)

3. [Long Island Virtual College Fairs](#)

4. [CUNY Virtual College Fairs](#)

5. [SUNY Virtual Information Sessions](#)

College Search

1. [Big Future College Board](#)
2. [College Greenlight](#)
3. [College Admissions & STEM Guide](#)

NSCH Virtual College Visits

10/22/2020 - St.John's University
(for grades 11 and 12 students)

11/02/2020 - CUNY Visit

SAT REGISTRATION (not at NCHS)

- Students can register for the SATs [here](#)
- Students can study for the SATs [here](#)

SAT at NCHS - 27 Oct

Students must bring some form of ID (school ID) to enter the building.

8:00 AM - check in on Bayard street

8:30 AM - exam begins

1:30 PM - dismissal

SAT at NCHS - Health Screening

All students entering the building must take an NYC Department of Education Health Screening survey to be allowed in the building. This survey must be taken within 24 hours of entering the building.

<https://healthscreening.schools.nyc/>

Students who do not complete this questionnaire electronically will have to **complete a paper copy at the school entrance** on the day of the exam.

SAT at NCHS - Health Screening

Complete the questionnaire as a student, “other” school and input “northside charter high school”, “4th floor” - use your school email to receive the response

Students can download the questionnaire on their phones and have the green check/result available when entering the school.

SAT at NCHS - SAFETY travel policy

If you have traveled to one of the restricted states or territories, including Puerto Rico, within 14 days of the exam date you will not be admitted into the school as you would have needed to be in quarantine for 14 days. This is regardless of not having any symptoms or even a negative COVID-19 test. The 14-day quarantine is mandatory!

Therefore, you must have returned to your home in New York City prior to 12:00 AM on Tuesday, October 13th to be able to take the 10/27 SAT.

SAT at NCHS - SAFETY PROTOCOLS

Everyone must wear an appropriate mask ([according to the CDC](#)) upon entering the building and throughout the entire time while in the building, including while taking the exam.

(we encourage students to take a practice exam with a mask on to replicate this test-taking experience - go to [Khan Academy](#) to take a practice test with a mask)

Stay socially-distanced in the stairwell, hallways, and within the classrooms. All testing rooms will be arranged appropriately for social distancing.

Have your temperature taken upon entry to the building. Do not come to the building if you are experiencing a fever or other flu-like symptoms.

Note: the building and classrooms will be appropriately prepared for your arrival [thoroughly sanitized rooms and bathrooms, hand sanitizer in each room, social distance markers, desk barriers (TBD), room proctors, and hallway monitors to ensure adherence to all rules].

Resources for Parents

- Child Mind Institute [Here](#)
 - [Back to school tips](#)
 - [Strategies for a successful start of the school year spanish](#)
 - [Promoting positive behavior in your child workshops 10/5-11/11](#)
 - [BEST Workshop 10/29](#)
- [National PTA](#)
- [Counseling Resources](#)

TEENS FACE PANDEMIC FATIGUE TOO...

- Tired
- Easily annoyed
- "Over" family time
- Frustrated with chores
- Lonely
- Avoiding peers, even virtually
- Regressing
- Lashing out
- Not looking forward to "school", like at all
- Ambivalent about COVID exposures
- Lost identity

SOME WAYS TO HELP THEM...

- Listen, actively
- Validate
- Alone time to recharge
- Address anxiety
- Refine their own daily expectations
- Facilitate movement
- Address sleep issues
- Social media break
- Set mini-goals for self-care
- Learn a new skill
- Help connect with friends
- Therapy, as needed

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TIPS TO PROTECT TEEN'S EYES PANDEMIC EDITION

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Get enough sleep



Eye break at least
10 minutes every
hour.



Moisturizing eye
drops or
humidifier



Remember to
blink



Increase font size
to twice normal



Adjust screen
brightness & room
lighting



Get regular eye
check ups



Spend time
outside



20/20/20 Rule



Watch for eye
fatigue &
headaches



Monitor screen
time



Mobile: 1 foot
Laptop: 2 feet
TV: 10 feet

HOW TO GET TEENS OUT OF THEIR BEDROOM

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Food!



Food!!



Food, comfort food



Family dinner



Family movie night, let them pick the movie



Keeping devices, like TV/computers out of their bedrooms



Ping-pong table or other family game sets



Routine with chores, like walking the dog or emptying the dishwasher



Keep an ongoing puzzle or group craft going in common space



Driving practice or promise of other motivating activity



Turn off the wifi



To help with siblings or other care responsibilities

NEW HABITS FOR FAMILIES & TEENS DURING THIS PANDEMIC

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Cooking own meals



Family walks and hikes



Listening more to each other



Sleeping better & naps



Gardening



Chores getting done



Better hand hygiene



Reading more



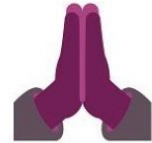
Family meal time, not rushed



Movie nights



Puzzles or other group crafts



Gratitude & activism practice

MOST HELPFUL 2020 ADVICE for Teens & Families

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Validate
feelings, then
ask questions



Lower
expectations



Make time to
connect



Balancing alone &
together time



Check-in regularly



Give each
other space



Take it all in
very slowly



Learn to
extend grace
& patience



Be flexible



Honest
communication



Enjoy the
positives



Use "I"
Statements

Stay Connected - grade 12

Core Classes Teachers

- English 12- Ms. Barry - MBarry@northsidechs.org
 - AP Language- Ms. Schweitzer- ASchweitzer@northsidechs.org
 - Government- Mrs. Rodriguez- ARodriguez@northsidechs.org
 - Personal Finance- Ms. Hennebeng- AHennebeng@northsidechs.org
 - Chemistry- Dr. Knight - CKnight@northsidechs.org
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- Dean of College & Counseling- Mr. Gonzalez - PGonzalez@northsidechs.org
 - Technical Support Helpdesk@northsidechs.org
 - Questions or Concerns Familyfeedback@northsidechs.org

Q&A

References

Restorative Justice - retrieved on 4 October 2020 from <https://search.creativecommons.org/photos/a856d105-e41b-43f4-b515-f44dfa8f5784>

Compass - retrieved on 4 October 2020 from <https://search.creativecommons.org/photos/a94e74e0-a7dc-4f35-b822-48846bf30165>

Zehr, H. (2015). [The big book of restorative justice: appendix III, restorative justice, what's that?](#), pp. 94-95. New York: Good Books.

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