



June 2021

Plainview- Old Bethpage Central School District GUIDANCE NEWSLETTER

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Director's Message

As we wind down the 2020-2021 school year, there is certainly much to reflect on. We have all done things we never thought we would need to, and I'm sure we have all accomplished more than we ever thought we were capable of. It surely has been a year like no other. Summer, and this summer more than most, is a time to take a break. We relax our schedules, we go outside more, and we try to recharge our batteries. This edition of the newsletter contains lots of ideas for doing just that. There is so much to be hopeful for in the coming year, so it is time for all of us to catch our breath, practice our gratitude and enjoy each day.

Congratulations to all our POBJFKHS graduates and those moving up from one school to another. We're all super proud of you!

On behalf of the POB Guidance and Counseling Department, I wish you a peaceful summer filled with sun and smiles.

Ms. Laurie B. Lynn
Director of Guidance

Senior Decision Day 2021

On June 7 & 8, the Class of 2021 gathered on the front patio at POB JFK High School to commemorate their accomplishments with a picture in front of the Senior Decision Tree!



Above: Class of 2021 (A-K Last Names) Below: Class of 2021 (L-Z Last Name)



How to Take Advantage of Your Summer

1. Use local resources. Parks, beaches, libraries, community centers – these are all great places to visit over the summer.
2. Stay physically active. Ride your bike, dance, swim, take a walk, play sports, run around! Whatever you are into, get your body moving!
3. Reclaim your joy. What do *YOU* love to do? Things that often get put on the backburner during a busy academic year can now be reclaimed this summer. Read for enjoyment. Journal or blog. Start playing the piano again. There are no rules or expectations. When *YOU* feel connected to something, you will enjoy it more.
4. Unplug and engage with people. Reconnect with your friends and family. Face-to-face connections are so important.
5. What about a summer job? How about creating your own small business such as lawn cutting, dog walking, or babysitting? This builds self-reliance and self-confidence.
6. Avoid burnout. Don't over-schedule yourself. Balance is key!
7. Volunteer in your community. Share your talents and passions with others.
8. Build life skills. Learn to cook. Do laundry. Clean your room!
9. Travel if you can!
10. MOST IMPORTANTLY - HAVE FUN AND WE WILL SEE YOU IN SEPTEMBER!

<https://www.wbur.org/hereandnow/2015/06/17/summer-advice-for-teens>

50 FUN Summer Activities

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- | | |
|--------------------------------|---------------------------------|
| ___ 1. Ride a bike | ___ 26. Water balloon fight |
| ___ 2. Go rollerskating | ___ 27. Sidewalk chalk |
| ___ 3. Have a picnic | ___ 28. Go camping |
| ___ 4. Go bowling | ___ 29. Watch a movie |
| ___ 5. Visit the library | ___ 30. Play hopscotch |
| ___ 6. Go to a museum | ___ 31. Make a craft |
| ___ 7. Fly a kite | ___ 32. Play dress up |
| ___ 8. Go to the park | ___ 33. Water gun fight |
| ___ 9. Have a lemonade stand | ___ 34. Go to the lake |
| ___ 10. Play in the sprinklers | ___ 35. Eat ice cream |
| ___ 11. Go to the beach | ___ 36. Climb a tree |
| ___ 12. Bake cookies | ___ 37. Have a race |
| ___ 13. Dance, dance, dance | ___ 38. Make an obstacle course |
| ___ 14. Visit the fair | ___ 39. Go to the zoo |
| ___ 15. Go fishing | ___ 40. Visit the aquarium |
| ___ 16. Visit a friend | ___ 41. Help a neighbor |
| ___ 17. Play frisbee | ___ 42. Go hiking |
| ___ 18. Blow bubbles | ___ 43. Make go carts |
| ___ 19. Jump rope | ___ 44. Visit a water park |
| ___ 20. Play baseball | ___ 45. Sing a song |
| ___ 21. Plant a garden | ___ 46. Roll down a hill |
| ___ 22. Go to the pool | ___ 47. Bird watch |
| ___ 23. Wash the car | ___ 48. Look for bugs |
| ___ 24. Water the plants | ___ 49. Take pictures |
| ___ 25. Draw a picture | ___ 50. Go to a BBQ |

#NotAlone

In honor of May's Mental Health Awareness Month and supporting the social and emotional well-being of our students, the POBJFK Counseling Department facilitated multiple activities. The theme this year was #notalone to reinforce that we are a community that supports one another and remains connected. Together, we shared our vision where anyone affected can receive the appropriate information, care, and the help they need. Thank you to our students and staff for participating!



June, July, August: Time to Exhale

Breathe: Breathing is a super-power - a free, constantly available resource that we can turn to in times of stress, but also a tool for general relaxation, calm and well-being. Check-out this [blog post](#) on a range of different breathing exercises. This [clip](#) shows a quick breathing practice that you can practice even with very young children, reminding them that breathing and mindfulness is central to coping.

Take a Screen Break: We all need a break from screens, and no-one more than our kids. Take a look at this helpful post on '[Getting your Kids off Screens this Summer](#)', written with the knowledge of experts and giving valuable tips on role modeling, encouraging and getting up and out together.

Readjusting Post-Pandemic: As we exhale, we are all trying to figure out what happens next. Are we really almost back to 'normal' life? What does that mean for family gatherings and social events, summer trips and activities, and then, going back to school in the fall? [This article](#) breaks down the traumas and anxieties that so many are feeling as we try to chart the best course over the next few months.



Career Exploration at POBJFK



During the week of May 24-26, POB JFK counselors hosted their annual career exploration lessons in Health 9/10 classes. Freshman and sophomore students were introduced to Naviance Student's career interest inventory, the Cluster Finder. They were asked to answer a series of questions designed to assess their areas of interest, strengths and more. From there, Naviance develops a "cluster" of career areas that align with the result of the student's answers. Positive conversations about student goals, their future, course selection, higher education and the power of Naviance were had and students were encouraged to get back onto Naviance in their free time and explore even further.

Communy

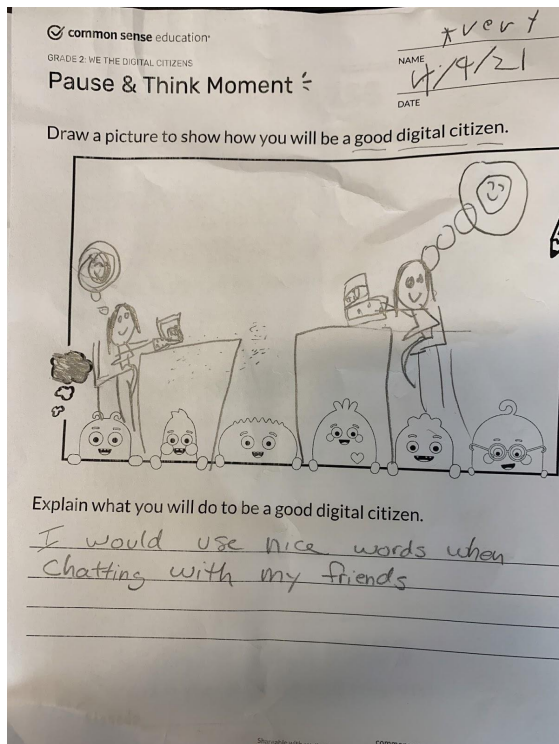
Check out a new platform called Communy, that allows prospective college students to learn more about their colleges of interest. Real students share their impressions of their current college and they answer real-time questions! Communy was created by a Long Island student at Boston College, who felt he learned best from talking to students.

<https://www.youtube.com/watch?v=9PkiYzjgbvY>



Updates From the Elementary Schools

In the elementary world, grades 1-4 spent time focusing on citizenship online and offline. Online safety, behaviors, and their impact were topics discussed. Students learned techniques such as *Stop and Think* online and S.T.O.P (Step away, Tell an adult, Ok sites first and Pause and think).



Please click on the links below for grade-specific letters with helpful resources:

Kindergarten: [Family Activity - Kindergarten.pdf](#)

Grade 1: [1st Grade Parent Letter- Pause & Think Online \(1\).pdf](#)

Grade 2: [2nd Grade Family Letter Online Behaviors \(2\).pdf](#)

Grade 3: [3rd Grade Power of Words Family letter.pdf](#)

Grade 4: [4th Grade Power of Words Family letter.pdf](#)

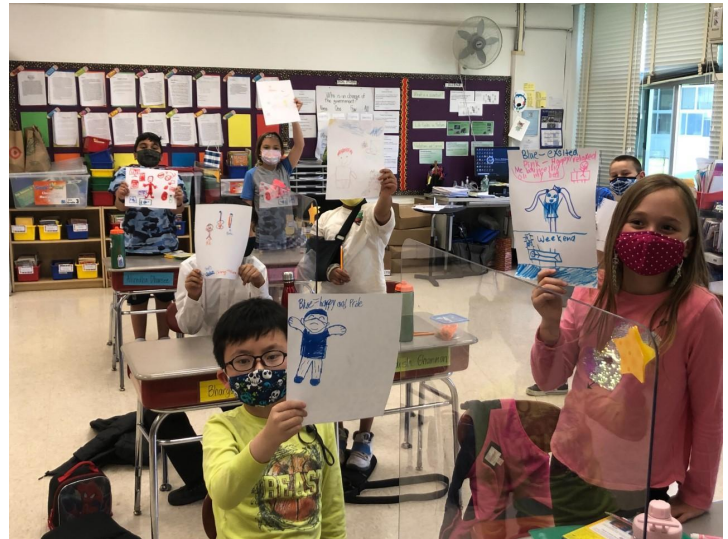
A parent chat was also hosted on [Fostering Netiquette: Helping Our Children Navigate the Online World.](#)

Mental Health Awareness Month at the Elementary Schools

To recognize Mental Health Awareness month in May, a POB JFK junior virtually visited K-4 classes to read "Yesterday I Had the Blues" and speak with children about different feelings and how it is okay to feel all their feelings! The students were so grateful to welcome her visit!

Here is a great book to spark conversation with your children about feelings:

[PBS Read Aloud: Yesterday I Had the Blues](#)



Grade 8 Visit to POBJFK

On June 2, 3, and 4, POB JFK welcomed the 8th grade class from both Mattlin and POB Middle Schools to the high school for an orientation. On hand were building administration including POB JFK's Principal, Mr. Murray, and Assistant Principals, Mr. Farrelly, Mrs. Beltrani, Mr. Cestaro and Dr. Stergiopoulos, along with presentations from the school counselors, Peer Mentors and members of the Student Government. POB JFK looks forward to welcoming the Class of 2025 in September!



Summer “To-Do’s” for Elementary Families

If you’re looking for something new to try this summer, check out these activities:

1. Organize a scavenger hunt: Check out these free, easy and creative at home scavenger hunts: [Free & Easy At-Home Scavenger Hunt Printables for Kids](#).
2. Have a “yes” day. It is a day where your answer to your kids will always be, “yes.” Here’s more information: [It's Time to Host a Yes Day. Here's How to Do It](#).
3. Learn a new magic trick and have a magic show. [Here are seven easy tricks just for kids](#).
4. Sign up for one of these low cost or free National Summer Programs for families: [24 Free \(or Super Cheap\) National Summer Programs for Kids](#).
5. Make tie-dye shirts. Check out this tutorial by [Parents](#).
6. Have an outdoor art day. Here are some ideas that are easy to clean up: [10 Outdoor Art Projects That Are Easy to Clean Up](#).
7. Make a [wind chime](#) out of found items.
8. Go backyard camping. Here are [10 great ideas](#) to help you get started.
9. Enjoy an old school movie night at one of these Drive-In Movie Theaters: [Drive-In Movie Theaters](#) (scroll down for Drive-In theaters in Long Island).
10. If you’re up for a Brooklyn trip, visit [Brooklyn Bridge Park](#) and take a ferry ride to Governor’s Island: [Governors Island in 2021: Best Things To Do With Kids](#).



Your Summer Playlist

Now that summer is upon us, it's time to update your playlist for the beach, pool, iPod, or backyard. Here are five songs you may consider adding. Summer music is always memorable, and in the waning days of the nationwide pandemic, we hope you will remember to play and sing these songs during the break:

1. "For Now" - This finale from the show *Avenue Q* offers a viewpoint similar to what you'd hear from your school counselor. It's important to keep the perspective of living in the present, acceptance, and enjoying the moment. It may not be exactly what you want when you want it, but it's mostly temporary.
2. "Let It Go" - To hear Idina Menzel, who grew up on Long Island, belt this tune from *Frozen* can remind us of how resilient and purposeful so many of us have been during Covid and how strong Long Islanders are.
3. Hallelujah chorus of Handel's *Messiah* - Yes, there's a religious message to this chorus. But it can be inspiring for any listener to stand for this music, as King George supposedly did upon first hearing it. Of course, when the King stood, so did the audience. So, feel free to have others follow your lead, stand, and celebrate the last days of the pandemic.
4. "What a Wonderful World" - A song to celebrate the simple pleasures in nature we sometimes take for granted, whether it's trees, clouds, and rainbows, or the close relationships we maintain with friends and loved ones.
5. "Getting Better" - It's never a bad idea to have a Beatles song in your playlist. Hopefully, you are not the person who initially felt like the singer, who used to "get mad at my school" or felt that the "teachers who taught me weren't cool." And if you are, then you have to admit, it's getting better all the time! Enjoy your summer!

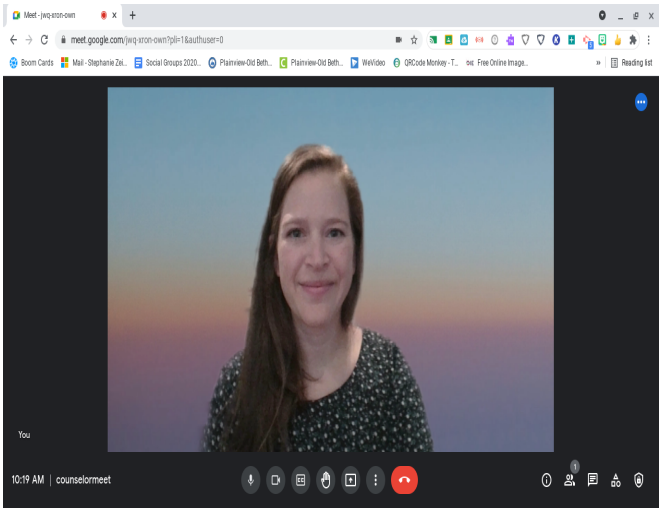
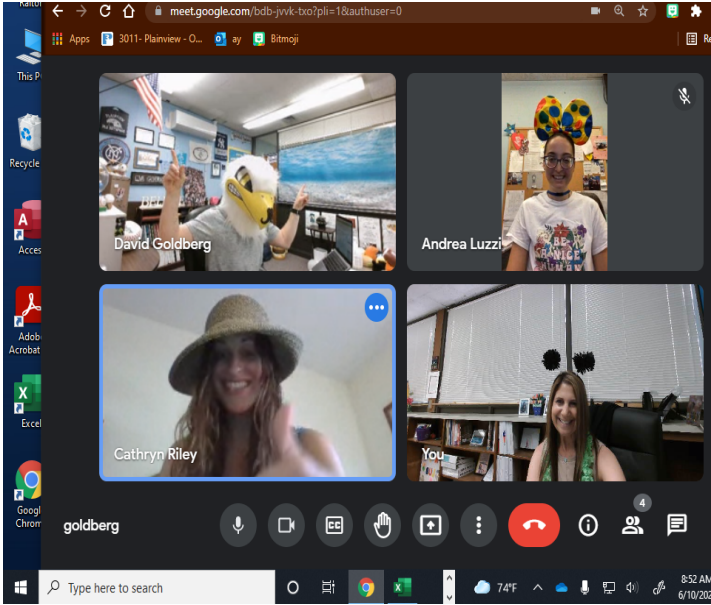


Oh The Places You'll Go

Congratulations to the Class of 2021! Your Guidance family is so proud of you. Your perseverance and resilience has paid off and we can't wait to watch you spread your wings and take flight on your next adventure!!!



“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.” We are grateful for your strength and fortitude during this tremendously challenging year. We are so proud of all of our students. From our screens to yours, the POB Guidance Department wishes you a lovely, peaceful, healthy, and happy summer!





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