

Your School Social Worker is here to help! I create a monthly newsletter to share resources. If there is a particular resource you would like assistance with, please feel free to reach out.

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October is: Bully Prevention Month!

Every day in schools across the country, students are bullied based on aspects of their identity including race, religion, gender and gender identity, socioeconomic status, sexual orientation, etc. Some of the most serious cases of bullying that occur in schools are the result of bias based on identity groups.

Name-calling and bullying, like other bias-motivated behaviors, have the potential to escalate into more serious incidents of violence if they are unchecked.

National Bullying Prevention Month is an opportunity to reflect on the classroom and school culture. It is a time to examine best practices when it comes to creating respectful school environments that foster inclusion and respect.



The large body of research on effective responses to name-calling and bullying concurs that schools and other educational institutions can best address these behaviors through ongoing, comprehensive plans. These can include both intervention and prevention strategies and engage all people in the school environment: students, educators, school staff, families and other community members. For more information and resources, [CLICK HERE](#)

October 11-National Coming Out Day

National Coming Out Day (NCOD) is an annual LGBTQ awareness day observed on October 11, to support lesbian, gay, bisexual, transgender and Queer (LGBTQ) people to "coming out of the closet".

First celebrated in the United States in 1988, the initial idea was grounded in the feminist and gay liberation spirit of the personal being political, and the emphasis on the most basic form of activism being coming out to family, friends and colleagues, and living life as an openly lesbian or gay person. The foundational belief is that homophobia thrives in an atmosphere of silence and ignorance, and that once people know that they have loved ones who are lesbian or gay, they are far less likely to maintain homophobic or oppressive views. For more information, [CLICK HERE](#)



Mental Health and Resources

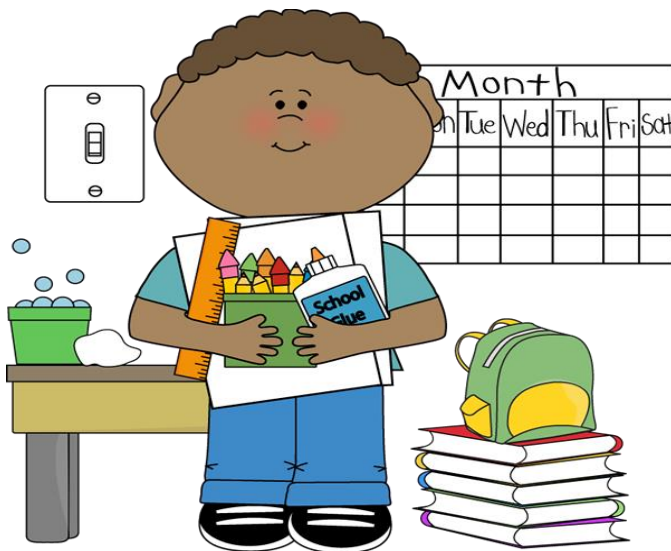
Program of the Month

Rising New York Road Runners

Rising New York Road Runners is a free, nationwide program that helps youth develop the ability, confidence, and desire to be physically active for life. We take a developmental approach to physical education that's focused on a student's age, needs, and ability. Our research-based program consists of games and activities that make it fun to learn—and teach—the fundamental movement skills at the heart of running and most other sports. Rising New York Road Runners serves Pre-K through 12th grade schools, after-school programs, and community centers. Kids from New York City and all around the country participate in the program.

Community Resources

- Looking for therapy? Try: [Brooklyn Center for Psychotherapy](#)
- Experiencing or are a survivor of domestic violence? Try: [North Brooklyn Coalition Against Family Violence](#) or [Safe Horizon](#)
- Need support with housing, or currently experiencing housing instability? Try: [Coalition for the Homeless](#) or [Homebase](#)



Mindful Week

Mindful exercises students can do each day of the week to; these exercises support self-regulation and self-awareness. **These skills teach students not only how to recognize their thoughts, emotions, and actions, but also how to react in positive ways.**

Monday: Heart Beat students monitor their heartbeat and breathing after exercise, they'll learn to become mindful of how their body feels.

Tuesday: Pinwheel Breathing this exercise helps students practice deep breaths by using a pinwheel to show them how.

Wednesday: Muscle Relaxation how often are we truly mindful of the muscles in our body? With this activity, children can start practicing mindfulness around how they tense or relax their muscles.

Thursday: Five Sense Did you know that you can use all five of your senses while being mindful? This activity can show you how!

Friday: The Present Moment this free mindfulness worksheet teaches young students all about what it means to be present.

