

DA VINCI SCIENCE 2020-2021 COUNSELING CORNER

WEEK 24: FEBRUARY 22-26

"DO NOT EVER LET ANYONE MAKE YOU FEEL LIKE YOU DON'T MATTER, OR LIKE YOU DON'T HAVE A PLACE IN OUR AMERICAN STORY, BECAUSE YOU DO. AND YOU HAVE A RIGHT TO BE EXACTLY WHO YOU ARE."

-MICHELLE OBAMA

GROUNDBREAKING AFRICAN AMERICAN ARTISTS



Kehinde Wiley

Los Angeles native and New York based visual artist, Kehinde Wiley has firmly situated himself within art history's portrait painting tradition. He is highly known for his naturalistic paintings of African Americans.



Kara Walker

Kara Walker was born in Stockton, California, in 1969. She received a BFA from the Atlanta College of Art in 1991, and an MFA from the Rhode Island School of Design in 1994. The artist is best known for exploring the raw intersection of race, gender, and sexuality through her iconic, silhouetted figures.



Bisa Butler

Bisa Butler was born in Orange, NJ, the daughter of a college president and a French teacher. She was raised in South Orange, the youngest of four siblings. Butler earned a Masters in Art from Montclair State University in 2005. Bisa Butler is an American fiber artist known for her quilted portraits and designs celebrating black life.

TO-DO LIST WHEN YOU FEEL STRESSED OUT

When You Feel STRESSED OUT

...a to-do list for young people

DRAW OR COLOR	UNPLUG + GO OUTDOORS	READ	BUILD SOMETHING
LISTEN TO YOUR FAVORITE MUSIC	HYDRATE	HANG OUT WITH YOUR FURRY FRIEND	ASK FOR HELP
THINK OF HAPPY MEMORIES	USE POSITIVE SELF-TALK	STRETCH OR DO YOGA	CLEAN + DE-CLUTTER
EXERCISE	JOURNAL OR WRITE A LETTER	EXPRESS GRATITUDE	FOCUS ON THE GOOD

MARK YOUR CALENDARS

COLLEGE PLANNING MEETINGS

- 9TH: MARCH 2 @ 9:00 AM
[ZOOM LINK](#)
- 10TH: MARCH 3 @ 9:00 AM
[ZOOM LINK](#)
- 11TH: MARCH 4 @ 9:00 AM
[ZOOM LINK](#)

FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA) DEADLINE

- PRIORITY DEADLINE - MARCH 2, 2021

DRIVE-THRU EVENT

- MARCH 8TH
- SPECIFIC TIMES FOR EACH GRADE LEVEL (MORE INFO. TO FOLLOW)

PROFESSIONAL DEVELOPMENT DAY

- MARCH 12TH

TIPS FOR DISTANCE LEARNING

- AVOID STUDYING IN YOUR BED IF POSSIBLE BECAUSE YOUR BRAIN ASSOCIATES BED WITH SLEEP, NOT LEARNING!
- PRINT OFF YOUR LIST OF WEEKLY ASSIGNMENTS OR CREATE A CHECKLIST. IT WILL KEEP YOU ORGANIZED AND MAKE YOU FEEL PRODUCTIVE!
- STUDIES SHOW THAT STUDENTS WHO TRY TO READ WHILE LISTENING TO MUSIC ABSORB LESS INFORMATION. LISTEN TO MUSIC WHILE YOU ARE CREATING, NOT READING.
- GET DAILY FRESH AIR & EXERCISE
- TAKE BRAIN BREAKS
- ASK QUESTIONS!
- KEEP A REGULAR SLEEP SCHEDULE. GO TO BED AND WAKE UP AT APPROXIMATELY THE SAME TIMES EACH DAY. YOU ARE GROWING YOUR BRAIN NEEDS SLEEP!

Sends a message to your brain that everything will be okay ...and, that you can get through hard things

YOU CAN HANDLE THIS!

Helps you to solve problems and find solutions

Decreases tension, stress, and anxiety

Grows the thoughtful pre-frontal cortex part of your brain

Helps you to feel more calm and capable

10 Reasons to TAKE A DEEP BREATH

WHOLEhearted TEACHER CONNECTION

Clears up... foggy thinking and improves memory, attention, focus and concentration

Improves your immune response, keeping you stronger and healthier

Decreases blood pressure and slows down your heart rate

Improves self-control

Acts like a "Pause" or "Reset" button, moving you out of a Fight-Flight-Freeze state into a Relaxed & Responsive state

PAUSE

THINK

CHOOSE

COUNSELING OFFICE HOURS:

MONDAYS & THURSDAYS: 2:45PM-3:15PM

Ms. Valle (A-E): cvalle@davincischools.org

Ms. Ruiz (G-M) password: Ruiz: cruiz@davincischools.org

Ms. Rodriguez (N-Z): frdriguez@davincischools.org

(Click Counselor name for Zoom link)

PARENT/GUARDIAN OFFICE HOURS

Open forum for parents/guardian to ask general (non-personal) questions.

Every first Wednesday of the month: 2:45pm-3:15pm [ZOOM LINK](#)