

WELCOME

Hello Parents,

My name is Colleen Bakas and I'm so excited to be joining the St. Joseph's School community as a consultant teacher. I have a Master's degree in Education and hold dual certification in Childhood Education and Special Education. I have six years of special education experience, and most recently began working at a middle school in Westchester teaching English, math, and academic support. As a former SJS student, I am thrilled to have the chance to help support the many unique students in this wonderful school!

Together with Mrs. Sanchez, we developed the GEMs program, which stands for God, Empathy, and Mindfulness Studies. Through this program, students will learn more about setting intentions, practicing acceptance, including others, and improving their self-esteem. We will also have supplemental lessons on the social-emotional impact of COVID-19 to begin the school year (in addition to the Archdiocese module on coronavirus). Many lessons throughout the GEMs program will have multiple benefits as they are taught through the lens of religion.

Mindfulness is a large component of mental health, and the SJS community strives to develop the Whole Child, including spiritual, academic, and social development. Our goal is that the GEMs program will address the important components of social-emotional learning, which is needed now more than ever. I am looking forward to working with your children!

Kindly,
Colleen Bakas
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