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EMOTIONAL WELLNESS, MINDFULNESS, AND BEYOND!

Baldwin UFSD K-12 Students Benefit from New Programs, School Initiatives, and More!

Baldwin Union Free School District continues to be among the most forward-thinking districts, constantly conceiving and establishing new emotional wellness and mindfulness resources and support systems across all eight schools.

“As educators, we will always support our students in every way possible—not just academically but emotionally, too,” said Dr. Shari L. Camhi, superintendent of Baldwin UFSD. “We recognize that life can be daunting and stressful at times, which is why providing our children with the tools necessary to cope in the moment is essential and will help to strengthen their emotional wellness.”

Research has found that youth who practice mindfulness develop a number of skillsets, including attention and learning, social skills and resilience, helping to reduce anxiety and stress. Students also see an improvement in cognitive outcomes, social-emotional skills, and well-being.

New Wellness Initiative at Elementary-Level

The district has successfully launched the “Wellness Initiative” for all five elementary schools. The program allows for teachers, Ms. Ashley Occhino and Ms. Lee-Ann Burke, to effectively deliver the mindfulness and RULER

curriculum—a systemic approach to emotional development. Created by Yale University, RULER stands for Recognizing, Understanding, Labeling, Expressing and Regulating. The five RULER skills rely on four anchor tools: the Class Charter, Mood Meter, Meta-Moment, and Blueprint.

“It is our mission to provide wellness support for our students, staff, and the Baldwin community in order to cultivate mindful learning environments in which every member is supported to thrive,” explained Ms. Burke.

As veteran educators within Baldwin UFSD, both teachers are also highly trained yoga instructors, and thus, use their expertise to provide lessons in mindfulness and movement.

Some of the lessons encompass community building activities, developing self-awareness, coping strategies, mindful movement and breathing exercises.

Ms. Burke and Ms. Occhino are also in the process of collaborating with school psychologists and social workers to deliver cohesive instruction and support and are working with administration to establish wellness committees in each building.

“It is our hope to impact our beloved Baldwin community,” added Ms. Occhino.

Staff members also receive support through professional development and can participate in mindful movement and yoga sessions in the mornings before school and at lunch.

In addition to this initiative, the elementary schools embed mindfulness throughout the school day. For instance, at...



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...**Brookside**, mindful minutes are practiced each morning during the principal message. **Meadow** launched a “sensory” hallway to provide a soothing setting and help students self-regulate and re-focus. Twice a week, **Plaza** broadcasts a school-wide message through Google Meet on a variety of topics surrounding social and emotional wellness. **Lenox** starts each day with a peaceful bell tone using a meditation sound bowl, while the teachers continue with various mindfulness activities as part of their morning meeting routines. At **Steele**, there is a Wellness Club, as well as “Mindfulness Mondays.”



Emotional Wellness at the Secondary-Level

Mindfulness continues to be incorporated into programs and curriculum at **Baldwin Middle School**. For instance, Community Circles help students, grades 6-8, collectively support one another and address the challenges they face in a calm and encouraging environment. This fall, the middle school also re-established the Mentoring Program in partnership with MentorNY.

At **Baldwin High School**, among the countless wellness programs and initiatives, one that is especially unique and powerful is the half-year health elective, “Mindfulness.” Taught by health teacher, Ms. April Mosca, the course is a popular choice among students and focuses on stress management, coping with life’s daily demands, improving self-focus and practicing guided and individual meditation. The high schoolers explore and participate in various activities that have shown to decrease anxiety and stress.

“We engage in indoor and outdoor yoga and meditation, nature walks, mindful drawing and listening, personal journaling, goal setting, and more. A major emphasis is placed on personal growth and empathy,” said Ms. Mosca. “This spring, we plan to arrange for our high school students to work with Brookside students to help incorporate mindfulness into their daily routines, too.”

District-Wide Support

Baldwin UFSD has secured grant funding to construct a wellness center at the high school, middle school and the Shubert school building, which will be used for elementary-level students.

Baldwin schools will continue to develop new methods to support students’ growth to into adulthood—both physically and emotionally.



Pictured Above: Former BHS Library

Designing a Future-Focused Space

Baldwin High School Unveils Latest Innovation: *The Learning Collaboratory*



Baldwin UFSD has opened the doors to the high school’s newest transformation: *The Learning Collaboratory*. Formerly a traditional library, the contemporary space was designed with the help of Mr. Darren Faccilonga, Director of Instructional Technology for Baldwin UFSD, and his tech team. Open to all students and staff, the ‘chic’ setting was created with the 21st century learner in mind—from spacious and comfortable collaborative seating areas to bright and aesthetically-pleasing light fixtures. In addition, individual meeting rooms with sliding glass doors boast technology ideal for presentations, virtual meetings, and other digital needs. The shared space serves as a tranquil yet functional place to complete homework and group assignments, while allowing classes to reserve the space for innovative learning purposes.



Wood-working students designed the benches that are part of the cubbies. In addition, all reading materials are accessible in an adjoining room located behind beautifully rustic sliding barn doors, which were hand-crafted by the facilities department. Baldwin is among the first districts on Long Island to take a school library to this next-gen level.

FOCUSED EDUCATION

In Baldwin UFSD, we prepare our students for their future by creating innovative programs and relevant instruction that focuses on the future world of work.

Nassau Community College (NCC) Partnership

A total of 28 seniors now participate in Baldwin High School's NCC Early-College Program. The district was the first to begin such a partnership with the community college, where students take credit-bearing classes at NCC for the full college experience. An information session for high school families takes place in February.

BMS Pre-Academies

This school year has seen the full return of 11 Pre-Academies, giving 8th graders hands-on learning experiences in various vocations, from robotics to teaching to the business world!



Brookside Brings Out the Best

Brookside students were recognized for their kind acts and civic-mindedness. The quarterly assembly is tied directly to the elementary school's Character Club and hopes to inspire others.

You're on a trip and you see a big pile of ice looking like it has pierced out of the ground. You wonder, what is this icy object? Well, that icy object is called a glacier. You may think that glaciers are made of just ice, well they partly are. A glacier is made of snow covering the land. Then it freezing and turns into ice. Afterward, new snow comes along which then turns into ice too. It is a cycle until the glacier is weathered and disappears. So now that you know the basics, you can move on to the more advanced glacial topics of chattermarks, moraines, and how the ice age formed!



A snowy mountain where some glaciers are born!

Meadow Seismologists

As part of their English language arts/science interdisciplinary work, Meadow students created "audio books" on natural disasters using the education tool, Padlet.

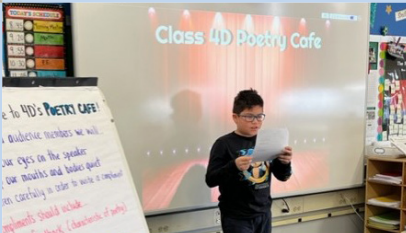


Plaza Pickling

Plaza launched an interdisciplinary curriculum focused on the theme of "Starting as a Seed." Students are producing projects centered on the *cucumber*—one of the many vegetables they planted in their school garden.

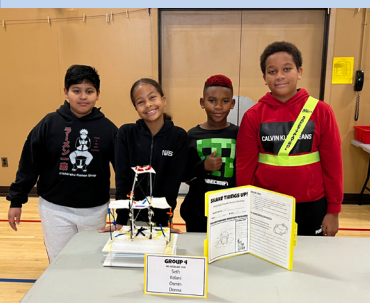
Steele Poetry Café

Steele fourth graders recited their poems in their classroom's Poetry Café, while classmates wrote positive feedback on post-it notes.

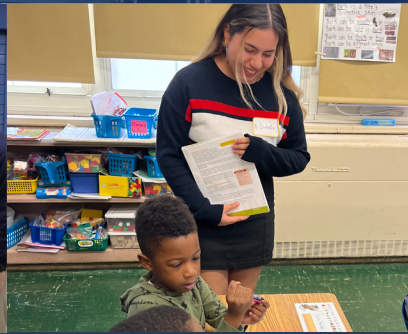


Lenox Engineers

Lenox held a S.T.E.A.M. Exhibition to showcase their fifth graders' earthquake-resistant structures.



SCAN HERE WITH
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SCHOOL2CAREER

Recent Highlights

In Baldwin UFSD, the School2Career framework encompasses the Pre-Academies, Academic Academies, Mentoring, Internship Exploration and Baldwin High School@Shubert Work-Based Learning Program. Lots of innovative work and achievements have come out of the 2022-2023 school year thus far!

- **Baldwin High School** hosted the annual Mentoring Breakfast, where a total of 180 mentors and mentees, grades 9-12, celebrated each other and 22 years of the **Mentoring Program**.
- **Baldwin Middle School** has partnered with MentorNY to re-establish the **Mentoring Program**, grades 6-8, and kicked off with a "Paint and Meet" event, which allowed mentors and mentees to meet for the first time.
- **Baldwin High School@Shubert** barbering students styled wigs donated by HairWeShare, which were then given to the women at the **Bethany House**. In addition, students taking **Police Science** also helped these women with their resumes. The effort was covered by numerous media outlets.
- For the first time, students in **Baldwin High School's Education Academy** and **Baldwin Middle School's Pre-Academy: Future Teachers of Baldwin** collaborated on the "High School Heroes" program sponsored by Junior Achievement of New York and taught a full day of lessons to grades K-3.
- **Virtual Enterprise, Poppify**, officially launched. The new virtual company, run in part by students in the **Global Business and Entrepreneurship Academy**, is a promotional business that strives to help entrepreneurs gain exposure and tell their stories.
- **Baldwin Middle School's Bruins News Network (BNN) Pre-Academy** worked with *Newsday* journalist, Faith Jessie, learning story development and the importance of assessing relevance, deadlines, credible sources, news literacy and much more!
- Students in the **Global Business Academy** participated in the "No Good Burger Joint" branding competition, where they provided feedback on the Baldwin business' rebranding efforts.
- Music and photography students in the **Fine & Performing Arts Academy** participated in the "Calm, Focused and Productive" initiative at Hempstead Lake Park alongside Baldwin High School's Mindfulness class.
- **Recent Accolades:** Youth Change Leader Collaborative placed in top five in national competition; "Junior Achievement Student of the Year"; two winners in Adelphi Apprentice Challenge; and 1st place in Molloy Summer Boot Camp. Learn more at: www.baldwinschools.org/academies

BALDWIN SCHOOL DISTRICT

960 Hastings Street
Baldwin, NY 11510-4758
www.baldwinschools.org
516.434.6000

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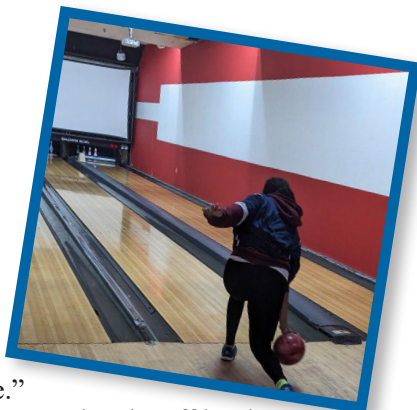
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What's Bruin in ARTS AND ATHLETICS

Baldwin High School athletics experienced an incredible fall season and is off to a fantastic start for the winter season! **Girls Soccer** finished the fall season as Conference Champions and received a playoff berth. **Football** made it to the "Big Four" in Nassau County Playoffs and players, Rodney Mills, Kwasi Bonsu, and Anthony Byron were each named "All-State Student Athlete." **Boys Soccer** and **Volleyball** each earned a playoff berth, while **Field Hockey** earned a playoff berth and was also a Nassau County finalist. Led by seniors Danyal Dar and Matthew Johnson, the **Boys Varsity Bowling** team clinched their third conference championship in the past five seasons.



inclusion in the Art Guild's 2022 Nassau County High School Student Juried Exhibit & Competition. A total of 37 students from across Baldwin UFSD were named **All-County Musicians** by the Nassau Music Educators Association (NMEA). **Baldwin High School senior, Rachel Lyons**, was recognized as a **Long Island High School Scholar Artist** by the Long Island Arts Alliance (LIAA) and will be featured in *Newsday* in June.



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Scan the QR code with your cell phone camera or go to: www.baldwinschools.org/news

Paying for Private Tutors? Use Baldwin UFSD's FREE Tutoring Service Instead!

Baldwin UFSD has partnered with Paper, a free online tutoring service that offers 24/7 1:1 tutoring in over 200 subjects in 3 different languages with carefully vetted educators. This service is available to all Baldwin UFSD students in grades 6-12 for as much time as needed. Learn more at: www.baldwinschools.org/onlinetutoring

IMPORTANT COMMUNICATION REMINDERS

Prepare for Inclement Weather: Update Contact Information and Be Ready for Potential Remote Learning Day

With winter here, ensure your most up-to-date contact information has been provided to the main office of your child's school, including a cell phone number and email address, to receive important emails, phone calls, and/or text messages from the district and school principal. Depending on the forecast, families should prepare to either switch to remote learning, a snow day, or a delayed opening. The district will also post information related to any schedule changes to the website homepage.

Communication Resources

For the latest communication channels and resources, visit the district website and click on the "Communication Channels" button located at the very top of the homepage, or go to: baldwinschools.org/communications



The Department of Fine and Performing Arts has been overflowing with good news! For the first time ever, the **Baldwin High School Concert Choir** performed at the New York School Boards Association (NYSBBA)'s Annual Convention & Expo. The **Baldwin High School Wind Symphony** performed as a featured ensemble for the New York State School Music Association (NYSSMA) 86th Annual Winter Conference and was the only high school at the event to represent Long Island. The artwork of seniors, Camryn Littleton and Francisco Suriel, was selected for



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