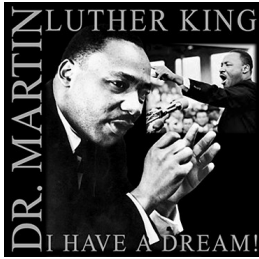


# Islip Academic Center At-A-Glance

2026



1929 - 1968

## Special points of interest:

**January 5**  
SCHOOL REOPENS

**January 6**  
Celebration of Three Kings Day

**January 6—16**  
Regents Review

**January 15**  
Level Reward Bowling Trip

**January 16**  
MLK Commemoration  
& Day of Service

**January 19**  
School Closed  
Dr. King's birthday

**January 20 Regents Exams**  
English Language Arts (AM)  
Living Environment (PM)

**January 21 Regents Exams**  
Geometry (AM)  
US History & Govt (AM)  
Algebra 1 (PM)

**January 22 Regents Exams**  
Global History & Geography 2 (AM)  
Algebra 2 (PM)

**January 23 Regents Exams**  
Earth Science (AM)

**January 28**  
Lunar New Year celebration

**January 29**  
School Closed Lunar New Year



Susan Goltz, Principal

James Muller, Assistant Principal

# January



## From Ms. Abreu's Mathematics Classroom

Happy New Year! Our math classes are off to a strong start, and students are building skills they can use long after they leave the classroom.

**Algebra:** We've officially started our Regents Review as we prepare for the January exam! Alongside our review work, we're continuing Unit 2, where we're learning about domain and range and exploring piecewise functions. These topics help students understand patterns,

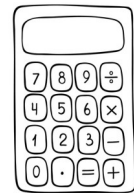
interpret graphs, and make sense of real-world data.

**Business Math:** This month we're focusing on real-life financial skills. Students are learning how to write checks and how to record each transaction in a check register. These are important steps toward financial independence and money management.

**Geometry:** In Geometry, we're practicing the distance formula and

midpoint formula. These concepts help students understand how to measure and break down space—skills that come in handy when reading maps or planning a layout.

I'm excited to see how much our students will grow this month!



*"I have a dream..."*

## January: New Beginnings, Healthier Habits & Taking Care of You from Ms. Galarza-Ramos, Student Assistance Counselor

January gives us a natural pause—a chance to reset, reflect, and begin again. A new year is not about being perfect or changing everything at once. It is about noticing what worked last year, what did not, and choosing small, healthier habits that support your well-being moving forward.

As students, you juggle academics, friendships, family responsibilities, extracurriculars, and social media—all of which can add pressure. Over time, habits can form that may no longer serve you, such as putting off sleep, avoiding difficult emotions, negative self-talk, or ignoring stress until it feels overwhelming. A new beginning means gently

letting go of what drains you and intentionally choosing habits that help you feel more balanced, confident, and supported.

Self-care is not selfish. It is the foundation that allows you to focus, learn, and grow. Self-care can look different for everyone: getting enough rest, asking for help, taking breaks, setting boundaries, practicing positive coping skills, or finding healthy ways to manage stress. The goal is not to change who you are, but to take better care of yourself as you are.

At Islip Academic Center, school counselors will be focusing on this theme of **new beginnings and self-care** during student group

counseling sessions throughout January. In these groups, students will have a safe and supportive space to reflect on old habits, identify personal goals, learn practical coping strategies, and support one another in making positive changes. Counselors will help students break goals into realistic steps, practice skills for managing stress and emotions, and build habits that support both mental health and academic success.

### Four Steps to a Healthier New Beginning:

#### **Reflect with honesty**

Take a moment to think about last year. What habits

*Continued on next page...*

*"From every mountain side, let freedom ring."*

*Continued from prior page...*

***January: New Beginnings, Healthier Habits & Taking Care of You***  
from Ms. Galarza-Ramos, Student Assistance Counselor

helped you? What habits held you back? This is not about judging yourself—it is about understanding yourself better.

***Choose one small goal***

Big changes start small. Pick one habit to work on, such as improving sleep, managing stress, staying organized, or speaking more kindly to yourself.

***Create a simple plan***

Decide what action you can take this

week. Small, consistent steps—like setting a bedtime, using a planner, or practicing a calming skill—are more effective than trying to change everything at once.

***Ask for support***

You do not have to do this alone. Talk to a counselor, teacher, or trusted adult. Group counseling is a great place to learn new tools and feel supported by others working toward similar goals.

*A new year does not require a new you—just a more supported you. January is your opportunity to begin again with intention, compassion, and care.*

The administrators, counselors, and teachers at IAC are here to help and happy to support you. Feel free to reach out to us.

631-244-5950

