



# THE BASIE NEWSLETTER

## Staff and Student Highlights

On behalf of Student Council and the Student Body, we would like to highlight Senorita Couloote, Ms. Nembhard and Custodian Rafael for the month of April! Senorita Couloote you are an amazing Teacher who always brings excitement to your lessons. Your energy makes our learning experience fun and we are always eager to learn in your class. Ms. Nembhard you are a great Social Worker who always checks on students. Your support helps us throughout the day and makes us feel safe. Custodian Rafael you are kind and pleasant. We appreciate how thorough you are with keeping our school clean and safe. We thank you all for bringing out the best in all of us!

We would also like to highlight the following students from each grade. Student Kyarah from class 604 always completes her assignments and gets good grades. Kyarah we admire your focus and ability to stay on task. Student Yolanda from class 704 is very helpful and caring. Yolanda is responsible and is a positive role model for her peers. Student Tariq from class 803 is a consistent student who tries his best in his academics. Tariq stays to himself and is supportive of his peers. We commend you for setting the example for your peers. Thank you for being you!

# STUDENT COUNCIL

SPEAK OUT BE HEARD MAKE A CHANGE

WE MUST BECOME THE CHANGE WE WANT TO SEE

## Upcoming Events

**Student Council Suggestion Box-** Please find the suggestion box in each of your classrooms. This is an opportunity for your voices to be heard. Have any suggestions or concerns? Write your suggestion or concern on a piece of paper and drop it in the suggestion box. Student Council will check the box weekly and will follow up with you!



# Social Emotional Corner

Deep breathing exercises can help us anytime we need it especially in difficult moments. Please see the following deep breathing exercise as well as a few benefits to deep breathing below.

1. Place your hand on your heart, and feel the warmth of your own touch
2. Breathe gently and deeply while you keep your hand resting on your heart
3. Allow your own touch to calm you as you breathe deeply for 3-5 breaths
4. Gently return to what you were doing with a renewed sense of calm

Benefits of deep breathing exercises:

1. Breathing relaxes mind and body: when you are angry, tensed or scared, your muscles are tightened and your breathing becomes shallow. Your breathing constricts. At this time your body is not getting the amount of oxygen it requires. Long deep breathing reverses this process, allowing your body (and mind) to become calmer.
2. Increases energy level: due to increased blood flow, we get more oxygen into our blood. Increased oxygen results in increased energy levels.
3. Improves blood flow: when we take deep breathes, the upward and downward movement of the diaphragm helps remove the toxins from the body promoting better blood flow.
4. Improves posture: believe it or not, bad posture is related to incorrect breathing. Try to breathe deeply and notice how your body starts to straighten up during the process when you fill your lungs with air, this automatically encourages you to straighten up your spine.

The school band was able to play for the ribbon cutting ceremony for our school pantry. Yes, our school has a pantry that is here to support our school and the surrounding community. These students did an amazing job under the leadership of our music teacher Mr. Payne, Mr. Larry and



We celebrated Civics Week and our students let their voice be heard – stay tuned for their letter writing campaign!



The majority of the 8<sup>th</sup> grade young ladies here at Catherine and Count Basie endorse

**Kentanji Brown-Jackson**

as the next supreme court justice. Stay tuned to your current events history is being made daily!

