



THE BASIE NEWSLETTER

Staff and Student Highlights

On behalf of Student Council and the Student Body, we would like to highlight Ms. Akil, Ms. Adebajo and Ms. Dewar for the month of May! Ms. Akil is one of the nicest Teachers we've ever had. You always have great energy with your students and help us get our energy out in PE class. Ms. Adebajo you are a great Teacher who helps us focus on the task at hand. You are friendly and are always supportive of your students. Ms. Dewar always lends a helping hand and shows us that she cares. You are extremely supportive and understanding. We thank you all for your support and for bringing out the best in all of us!

We would also like to highlight the following students from each grade. Student Isha from class 605 is a model student and a great friend. Isha we admire you for staying focused and staying true to yourself. Student Angelika from class 705 is beyond caring and nice. You are understanding towards your peers and you are always drama free. Student Demetri from class 805 is smart, caring and funny. You look out for others and set a positive example for your peers. We commend you all and 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



Social Emotional Corner

Using Self-Talk to Calm Down

1. **Use generic self-talk to affirm that you are safe & capable**
 - a. The fight, flight, or freeze stress response is triggered when the reptilian part of our brain (the limbic system) believes our survival is at stake
 - b. Examples: "I am good," "I am safe," "I can handle this"
2. **Acknowledge your feelings to soothe agitated parts of the brain**
 - a. Reengage the cortex in a particularly stressful moment and open up choices of how to respond
 - b. Examples: "Wow, I feel frustrated," "I feel annoyed," "I feel nervous," "I'm feeling [x-emotion] because [y-event] happened"
3. **Reframe the narrative in your head**
 - a. Instead of engaging in thoughts that add fuel to an already stressful situation, we want to pivot and reframe things in the positive
 - b. Examples: "They're such a jerk!" → "Maybe they didn't mean it" "They always do that" → "Maybe this isn't about me" "I can't believe they did it again" → "Maybe they don't yet have the skills to ___"

By maintaining our calm in stressful, triggering situations, we can set a positive tone within ourselves, send ourselves comforting messages and maintain full access to the problem-solving part of our brain so that we can make appropriate choices in the moment.

LET'S TALK ABOUT IT

What are your special skills or hobbies?



Do you know what this is and how to create one?

Are you skilled with drawing? Would you like to be part of an art exhibit and showcase your work?



Making Movies/Videos/Clips

Do you know how to create a Tik Tok, YouTube or Flipgrid video? Would you like to be a part of a video making project?

What are you interested in?

Please share with your student council members by completing the Google Survey below:

https://docs.google.com/forms/d/e/1FAIpQLSfnBTPU2Q0Hd2ONbDAo9IW5r5hKW8MukqnyqNJMMY_TsAhjxVQ/viewform?vc=0&c=0&w=1&flr=0

We are a community where every students' voice is heard...

