

THE BASIE NEWSLETTER

Staff and Student Highlights

On behalf of Student Council and the student body, we would like to highlight Mr. Murphy, Mr. Dayquan and Ms. Singh for the month of June! Mr. Murphy we cannot thank you enough for your encouraging words and life lessons. You give great advice for our future and you always know what to say when we are feeling down. Mr. Dayquan thank you for being understanding and supportive. We appreciate all that you do for us! Ms. Singh you are always helpful and supportive. You go out of your way to make sure we are doing our best both academically and emotionally. Thank you all for your continuous support and for bringing out the best in all of us!

We would also like to highlight the following students from each grade. Student Treasure from class 604 is a great friend who you can trust. You look out for others and never hesitate to help your Teachers. Student Abdullah from class 705 sets a positive example for his peers and is very smart. You are also very helpful to our Teachers when they have tech issues. Student Alesha from class 805 is supportive, kind and helpful to her peers. You are a hard worker who is always on time and ready to learn. 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

June 10 incentive trip to Baltimore

Spirit Week June 13-17

No School on June 20

June 24 Field Day for everyone

Be sure to look out for our
Juneteenth Celebration on June 23



**FROM ALL OF US TO EACH OF YOU
BE PROUD OF YOUR PROGRESS!
STAY SAFE AND ENJOY YOUR SUMMER!!**

Social Emotional Corner: Self Care!

Self-care isn't selfish — it's a basic need of being human! Simple acts of self-care and nurturing routines teaches you that taking care of yourself, and others, is important. Creating healthy habits of rest at a young age empowers kids to continue to be resilient in all life brings. Establishing healthy self-care habits doesn't have to be complicated and it can be a lot of fun!

Here are 10 easy strategies to help you practice self-care:

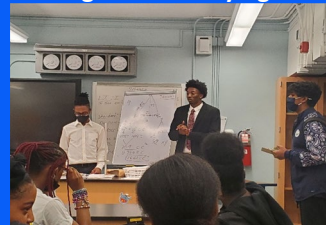
1. Take belly breaths: don't underestimate the power of a deep breath to reset. When you feel you need a break, breathe in through your nose like you're smelling a yummy soup, and then blow through your mouth to cool the soup off. This self-regulation strategy is something you can do on your own, wherever you are!
2. Ask questions: When a you're having a tough time or cycling through big emotions, ask yourself silly questions to help you reset. Asking a concrete question, you know the answer to helps re-route your thinking. Ask questions like: *What color is the sky? What did you have for breakfast? Where is your shoe?* When you're having big feelings, you can pay attention to the room around you and name five things you see as a way to "reset" your brains.
3. Drink more water: Staying hydrated is a simple way to teach yourself a self-care habit to last a lifetime.
4. Incorporate rest: Even the most extroverted child needs time to rest on their own. This is a good way to recharge your mind and body.
5. Get the wiggles out: Sometimes we just need to move our bodies. Not only does it get our blood pumping, but it can be a great mood balancer, too.
6. Try affirmations: Breathe in and breathe out a positive phrase or empowering mantra. When you breathe in, repeat something like: *I am creative and kind.* On your exhale, you can say, *I can make good decisions.* Repeat this a few times. If you are feeling anxious about going to school, create an easy phrase you can silently recite as you breathe in and out, like *Learning is fun; my parents will pick me up soon.*
7. Write (or color) it out: Consider a journal to write in or a drawing pad. Dedicating time. Freewriting and drawing without any constraints is a wonderful form of self-care.
8. Take a break: Simply asking, *do you need to take a break?* does wonders. Having a designated break spot to go to is helpful. The goal is that you'll be able to name when you need to take a break
9. Have a healthy snack: recharge and refuel your body. Sometimes a little healthy snack can have major improvements on our mood.
10. Get clean: It's amazing how an impromptu bath can provide rest for young and old alike. Caring for your body is important!

Equipping yourself with self-care strategies empowers you to be mindful of your emotional, mental, and physical health.

Career Day Reflection

Career day was fun. We had different professionals come and speak with us such as police officers, designers and dentists. We even had college students like Ms. Baker's son come speak with us. We not only listened but were able to demonstrate using their props. We look forward to next year. Thank you to everyone who came to speak with us and thank you Ms. Lee and the teachers and staff who organized this day. Thank you to students who were escorts and timekeepers for the day.

Tameerah was able to demonstrate the correct way to brush,
While Antione and his peer shared their college experiences with us.
They discussed going away to college versus staying local.



Launch Trampoline School Trip & CCB Dance Competition!!!

