



# GATOR GAZETTE



## Discovery P.S. 67

### High School Ahead

#### Application process

Applications for High School Ahead were due 2/1. If you have an outstanding application, please turn it in as soon as possible. The district is hopeful to inform parents of placements in April. Please feel free to reach out to Mrs. Krauss at [mkrauss@buffaloschools.org](mailto:mkrauss@buffaloschools.org) for any additional support.

### PBIS

#### Bus safety

We are unveiling our new PBIS initiative pertaining to bus safety. Please assist our efforts by reviewing the expectations with your student at home.

- B** - Be a Role Model
- U** - Use Level 1 Voice
- S** - Stay in Seat for Safety

### SOCIAL- EMOTIONAL CORNER

#### Helping your child calm down

Big emotions can feel difficult for children to control. Here are a few strategies to help your child manage their emotions & calm down:

**Validate their feelings:** Show your child that you are listening and attempting to understand them.  
**Provide options:** When asking them to perform a task they are unenthusiastic about, give your child choices such as which task they'd like to complete first or where they'd like to complete it.  
**Model:** Describe your own feelings to your child. Model calm-down strategies such as taking deep breaths or counting 1-10.

### Indoor fun

#### Screen Breaks

Sensory tables will keep smaller kids busy for a long time. Make a bucket of anything you have on hand for exploration: shaving cream, rotini, water, dried beans... Yes, this has mess potential, but it is also tremendously fun.

Save the big cardboard boxes from your deliveries or ask a neighbor for one. It's a rocket ship, it's a fort, it's a 3-D canvas. Find more ideas here.

Empty toilet paper tubes taped together to the wall make a fun marble run.

### ABBOTT'S ANNOUNCEMENTS

#### Celebrations

#### Black History Month

Distinguished Black author, editor, publisher, and historian Dr. Carter G. Woodson initiated the first celebration and called it Negro History Week, which eventually led to Black History Month. The legacy of Black History Month is now our opportunity to kick off, extend and deepen the study and scholarship on African American history all year long. We must keep Black History Month alive!

### Family fun

#### CAZENOVIA SKATING

##### Timothy J. Burvid Ice Rink

Open Skating will be available to grammar school children and their families on Monday, February 21<sup>st</sup> from 12:30-2:30PM.

Refreshments and skating will be free.

Prizes will also be given away to all participating children.

The rink is located at 25 Cazenovia Street.

### HEALTH & WELLNESS

#### "Be the Best You"

As a reminder, if anyone is experiencing food insecurity please contact Kelly Ziegler at 816-4922 x1313 or [kaziegler@buffaloschools.org](mailto:kaziegler@buffaloschools.org) for confidential support.

#### "FITNESS FOR KIDS CHALLENGE"

8 HOURS of SLEEP per NIGHT

### CRISIS SUPPORT

#### Helpful Resources

24 Hour Crisis Hotline: **716-834-3131**

Emotional Support: **1-844-863-9314**

Kids' Helpline: **716-834-1144,**  
**1-877-KIDS-400**

24 Hour Addiction: **716-831-7007**

[Crisisservices.org](http://Crisisservices.org)

[Nyprojecthope.org](http://Nyprojecthope.org)

### COMMUNITY RESOURCES

#### Mental Health

Best Self Behavioral Health: **716-884-0888**

Endeavor Health Services: **716-895-6701**

Catholic Charities: **716-856-4494**

Spectrum Services: **716-710-5172**

Community Health Center: **716-986-9199**

*You can also contact your insurance provider.*