



LONG ISLAND
HIGH SCHOOL
FOR THE **ARTS**

Perform. Create. Achieve.

Long Island High School for the Arts
is a Nassau BOCES program.

From the Principal's Desk for our LIHSA Families

September 24, 2021

New Video: This is LIHSA

This is LIHSA



Check out our [new #ThisIsLIHSA video](#). Please share this video and the LIHSA experience with your networks!

Congratulations to LIHSA's Long Island Scholar Artists!

Congratulations to LIHSA's Long Island Arts Alliance Scholar Artists:

- **Megan Bush**, Deer Park Schools, Long Island Scholar Artist in Theater
- **Nick Costanzo**, Bethpage Schools, Award of Merit in Media Arts
- **Andrew Defrin**, Roslyn Schools, Long Island Scholar Artist in Theater
- **Gioianna DiGiorgio**, Half Hollow Hills, Long Island Scholar Artist in Theater
- **Hana Draskin**, Half Hollow Hills, Long Island Scholar Artist in Music

- **Nathaniel Eck**, Massapequa Schools, Long Island Scholar Artist in Dance
- **Samantha Edelman**, Roslyn Schools, Long Island Scholar Artist in Media Arts



Megan Bush



Nick Costanzo



Andrew Defrin



Gioianna DiGiorgio



Hana Draskin



Nathaniel Eck



Samantha Edelman



You Are Invited to our College Fair!



You are invited to participate in the annual
Long Island High School for the Arts

FALL 2021
COLLEGE FAIR
Tuesday, October 26th

College Fair & Workshops 4:30pm – 8pm

You Are Invited to our College Fair!

Parent Teacher Conferences will be held on the same night as the College Fair on Tuesday, October 26, 2021 from 3 - 7 pm.

[Please use this link to sign-up and schedule your conferences.](#)

We are excited to see you!



In the Classroom: The Circus Residency Begins



Students in LIHSA's Circus Arts class have begun their artistic residency with the National Circus Project. Clowning around is serious business as they learn skills like juggling, spinning plates, still walking, flower sticks and diabolos. We can't wait to see how their skills progress over the fall semester!

In the Classroom: The Foley Residency Begins



Magic Box Productions has returned and this week their new artistic residency has begun. This year, they will work with Foley for Film, Video and Games. Students will learn fundamental elements of producing, designing, and editing sound for film and games.

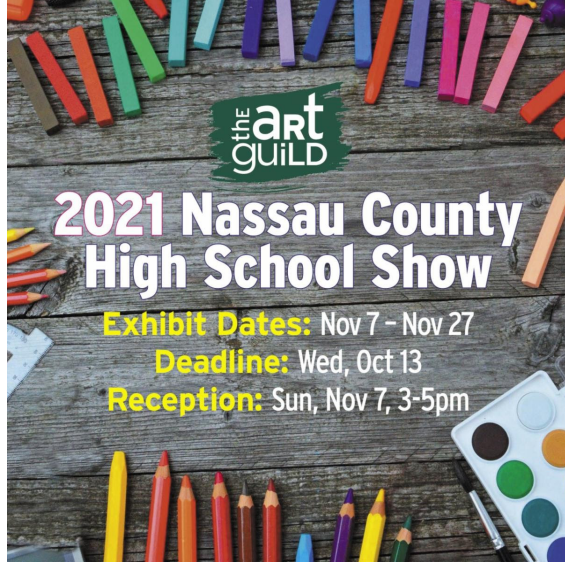
The Teaching Artist this year is Rachael Guma, a filmmaker, animator educator, and sound artist whose work has been shown internationally. She has been invited as a visiting artist at Brooklyn College, University of Colorado, Boulder, Pratt Institute and Sarah Lawrence, as well as taught animation, sound for film, and theremin workshops at the Children's Museum of the Arts, stop motion animation workshops at BRIC, and analog film workshops for Mono No Aware.

Opportunities for Visual Art Students: The Art Guild

The Art Guild invites all Nassau County High School Students to submit digital images of their 2D or 3D artworks for consideration to its 2021 Nassau County High School Student Juried Art Competition & Exhibition.

This is a great opportunity for young artists to build their resume, increase their personal repertoire in a gallery setting, and win cash prizes for their work.

[Click for more information.](#)



Opportunities for Visual Art Students: Heckscher Museum

LIHSA Art Students interested in participating in Heckscher Art Museum's Best competition should talk to Jason Cuvelier to participate.

[Here's a link for more information.](#)



Balance, Guidance, and Wellness

Balance, Guidance & Wellness will be a regular addition to our weekly newsletter. Here you'll receive helpful hints and advice from our trio of school administrators who work to keep our students on track academically, physically, and emotionally. This week's Balance, Guidance, and Wellness column is written by Nancy Tuck, LIHSA's Social Worker:

Transition to a new school year can be stressful under normal circumstances, but after so many months of living through the perpetual worries and lifestyle changes brought on by the COVID pandemic, this transition to a new school environment can be even more anxiety-provoking. Any kind of change forces us outside of our routine and comfort zone. Even when the change is something that students/families have specifically sought out and advocated for, students may feel more anxious than they had anticipated. In addition to the daily instruction/support offered by LIHSA's teachers, Dr. Nancy Tuck, LIHSA School Social Worker, is available for individual student check-in's and counseling to help students navigate the transition and adjustment process. She can be reached at (516)622-5677 or ntuck@nasbores.org. Or students can just stop by her office in Building A, the front office suite.



Dr. Tuck also recommends the following steps/strategies that parents and students can do to help make the adjustment process easier:

- Attend orientation sessions and school open houses.
- Every evening, review the next day's schedule to make sure that all necessary supplies are packed, and assignments are completed.
- To the extent possible, maintain a regular bedtime routine. One of the most essential aspects to medical, social-emotional, and cognitive health and well-being is getting enough sleep.
- Plan how the student will eat and remain hydrated throughout the day. Many of our students do not have a dedicated lunch period due to traveling between programs or the number of in-district classes they are taking; students should make sure to have a nutritious breakfast and have access to food for lunch (whether packed or school supplied), in addition to carrying a water bottle.
- Exercise regularly. Make sure to incorporate walking and physical exercise (in some form) every day.
- Practice mindfulness and relaxation strategies. There are many apps and resources available that offer mindfulness scripts, sounds, and visual imagery to help guide students through intentional breathing and sensory grounding; techniques that help students to decompress and relax.
- Join student clubs and activities. These are wonderful opportunities to meet new people and feel an immediate sense of belonging and productivity.
- Parent availability is still essential. Prepping and eating meals together, running errands, and car-rides to/from extracurricular activities are perfect opportunities for organic conversations to occur. Sometimes, even when not engaged in conversation, being in proximity while jointly pursuing a task or errand, can be comforting or reassuring (both for parents and their adolescent children).
- Parents/guardians sense when their children seem distracted, tense, moody, or withdrawn. Letting adolescents know that you are available to talk or that a close family member (e.g., aunt, uncle, cousin, etc.) or friend is asking about them is a great way to remind students that they have a support system on the home front.

Opportunity for Parents: The Education Trust-New York's Parent Advocate Policy Lab

If you are an active parent leader who wants to accelerate your leadership, apply for The Education Trust–New York's Parent Advocate Policy Lab!

Parents are an important part of building high-quality, equitable schools that are aligned to community needs. However, too often parents from low-income backgrounds and those of color don't have opportunities to contribute their knowledge in critical education policy decisions. This school year, parent voice is more important than ever.

The Education Trust–New York designed the Parent Advocate Policy Lab to expand parent leaders' knowledge of new funding sources and to support their advocacy efforts. Parent advocates will help to ensure local education leaders invest funding in ways that meet the needs of all learners – especially those most impacted by the pandemic. Throughout the 10-month fellowship, parents will develop skills in policy writing, power mapping, and advocacy strategies to help advance education equity. Working collaboratively with a statewide cohort of leaders, parents will also broaden their understanding of the statewide educational landscape and develop new

ideas of how new resources can be used in their respective districts.

Parent advocates will receive a \$1,000 stipend for their participation in the lab.

Want to participate?

Apply by submitting your application [here](#). The application deadline has been extended for parent leaders living in smaller New York State districts. Applications will be accepted on a rolling basis.

Please contact Kalima Johnson, Associate Director of Advocacy and Partnerships, at Kjohnson@edtrustny.org if you have any questions.

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