



LONG ISLAND
HIGH SCHOOL
FOR THE **ARTS**

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

From the Principal's Desk for our LIHSA Families

November 24, 2021

A Thanksgiving Day Message for our LIHSA Community From Your Principal, Dr. Chris Rogutsky

Taking time to pause on Thanksgiving Eve to share some thoughts with you on gratitude is a tradition I embrace because it's always a joy to tell the LIHSA community how much I admire, adore, and appreciate YOU.



Our community is strong, passionate, perseverant, engaged, creative, and thoughtful. We are growing and flourishing thanks to the hard work and deep reflection that comes out of every lesson, every interaction, and every opportunity to learn. As I walk through our halls and into our classrooms, I see our students and faculty shine; it is clear that the future of the arts is very bright.

I'm also happy to share good news from last week: New York State has approved our seventh CTE program! The 2022-23 academic year will include our Multi-Media Journalism program. As with all our approved CTE programs, we were successful thanks to our Industry Advisors volunteering their time and lending their expertise to us to develop our amazing curriculums.

It wouldn't be 2021 if Thanksgiving Day greetings weren't sent without a reminder that as we gather with our loved ones for the holiday, please continue to be mindful of best practice to mitigate your risk of contracting COVID-19. Vaccine information is available for [Nassau County](#) and [Suffolk County](#). Your continued care will keep our LIHSA community safe and healthy...and your families too!

While the holidays can be happy times for some, the American Psychological Association reported that 38% of Americans shared that their stress worsens during the holidays. [Click to review this guide on how to manage your mental health around the holiday season.](#) According to GLAAD, families can play an important part in helping their trans and nonbinary family members have a happy holiday season. [Please review their resource here.](#)

I also want to note that for Indigenous people in our country, Thanksgiving can be a difficult time. On Long Island, we are on the traditional territories of thirteen communities that lived peacefully on this land before European settlers: the Canarsie, Rockaways, Merricks, Massapequas, Matinecocks, Nissaquogues, Setaukets, Corchaugs, Secatogues, Unkechaug, Shinnecoaks, Montaukett, and the Manhansets.

Thank you for reflecting with me and the gifts of art and kindness you share with LIHSA. Have a safe, wonderful, and peaceful Thanksgiving.

Catching Up On Your Reading

Want to read an earlier edition of our newsletter? [Check out our newsletter archives.](#) [Or click here to see our blogs](#)

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