

Mercy High School
Counseling Department

GOOD NEWS

March 2021



A MONTHLY NEWSLETTER

MARCH 2021

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During This Time

I recently read an article on PsychologyToday.com referring to "the Covid19 Time Warp", or specifically, how many people are feeling impacted by a warped sense of time; having too much time on their hands and simultaneously feeling as though time is quickly passing them by.

I totally feel this right now.

I feel out of my usual routine and yet each day feels strangely similar to the one before. We are nearing the one year anniversary of the institution of Mercy E Learning due to Covid 19-a whole year, and there have been very few memorable or meaningful, joy-filled events in my life since then, so when I think back, the last year feels like it flew. I often have no idea what day of the week it is. I will think that it is Monday on a Thursday at least 3 times. Plus, there is not a ton in life to keep my attention right now, and boredom will screech time to a halt for me.

As I dug deeper into this article by Danckard and Eastwood, it was like they could see inside of my head! The way they described how disorienting life's uncertainty and sameness can be. I got super excited and just knew that the answer I was seeking was somewhere in that website:

"How do I deal with this!?"

Then I found their answer. And I hated it!

They said:

"The trick is to envision and plan for futures within this COVID era rather than waiting for COVID to end."

And I said:

"BOOOOOOOOOOOO!"

I don't wanna accept this covidy life!"

Then I read:

"And rather than postponing our life, we can focus on the possible rewarding activities available to us now; fostering eager enthusiasm will keep boredom at bay and keep time moving."

And then I thought:

"Okay, yeah, they're right."

As most of our students come back home in-person this month, can we bring this with us? Maybe not the whole thing, but this part:

"And rather than postponing our life, we can **focus on the possible** rewarding activities available..."

For the next 3 months, let's focus on the possible.

How can we make this school year better? How can you connect to your Mercy family differently or in a more meaningful way, between now and end of May? Do you have ideas of what the rest of the school year could look like? Share them. **Be a possibility advocate.**

Sure, we're still gonna need to vent and complain during this time. Things are still really challenging right now. So, when needed, we can take a moment to rant about all of the impossibilities during this time, and then with the next moment, we can refocus our attention toward all of the possibilities during this time.

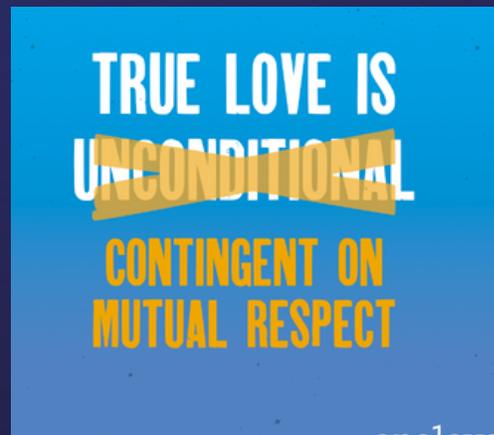
ONE Love

A PIECE BY MERCY SENIOR & MERCY ONE LOVE LEADER, CHLOE KILANO

If there's a question I've received the most ever since I co-founded One Love Club, it would definitely be: "Why did you decide to start it?" I could tell the long story about how it all came together, but truthfully, I did it because love and relationships are the most important things in our lives, and yet nobody teaches us about them.

Most people don't realize that love is more than a feeling (though, that part is pretty important). It is a skill that is learned, takes practice, and is based on mutual respect. We all need to learn about how to be in relationships, whether it be romantic relationships, friendships, or relationships with coworkers, parents, teachers, etc. Healthy and unhealthy behaviors pop up in every single one of our relationships, and in order to protect ourselves and learn how to love better, we must be able to identify them. We owe it to ourselves and the people around us to be able to identify them. Nobody is born automatically knowing how to exercise healthy behaviors. Likewise, we are all on the giving and receiving end of unhealthy words and actions. But, through conversations, workshops, chalked messages by the flagpole entrance, and tiny heart notes taped onto clocks and bathroom windows, we can all learn how to love better.

Take the time to learn about what healthy and unhealthy relationships look like. Engage in conversations with those around you about healthy and unhealthy behaviors. Communicate your boundaries. Always trust your gut. Empower yourself and others to identify and avoid abuse, because it just may save a life. And remember that when we're doing it right, love can be the most beautiful and powerful force in the world.



DID YOU KNOW THIS ADORABLENESS?



THERE ARE JOBS AND VOLUNTEER POSITIONS FOR
RESCUE PET PILOTS
WHO FLY SMALL PLANES TO PICK UP RESCUED ANIMALS
AND TRANSPORT THEM TO THEIR FOREVER HOMES!

FOR SOME SMILES:

CHECK OUT THE TIKTOK ACCOUNT:

@RESCUEPETPILOTS

OR GO TO:

TIKTOK.COM/@PETRESCUEPILOTS



REGISTRATION IS COMING!

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~~~~~ HERE IS WHAT STUDENTS NEED TO KNOW: ~~~~~

**1. ASSOCIATE PRINCIPAL, MS. MCMASTER WILL BE SHARING A VIDEO WITH DETAILED INFORMATION ABOUT MERCY'S REGISTRATION PROCESS DURING THE FIRST WEEK OF THE MONTH. YOU MUST WATCH THIS! (PLEASE)**

2. Check out the Registration Course Guide for your grade level (emailed to students & also in the Registration Folder in Counseling Schoology Courses) to explore your course choices for next year.

3. FOLLOW THE DIRECTIONS TO ENTER YOUR PRELIMINARY COURSE CHOICES INTO POWERSCHOOL BY MARCH 8TH

**4. Attend your individual Registration Appointment with your Counselor. Appointment days/times will be emailed from Mrs. Burek and also available in Counseling Schoology Courses. At this appointment, your Powerschool entry will be reviewed, you will be provided with registration guidance, your course selection questions will be answered, and your course choices will be finalized.**

5. Your Counselor will email you a copy of your course choices with a Registration Agreement. Please obtain a parent signature on this form and returned to your Counselor within one week.



Mercy High School  
Counseling Department

**MERCY COUNSELING DEPARTMENT WEBINAR:**  
**IMPROVING EXECUTIVE  
FUNCTIONING SKILLS**

**THIS SESSION WILL PROVIDE  
INSIGHT, TIPS, & STRATEGIES FOR IMPROVED:**  
**ATTENTION & FOCUS**  
**PLANNING & ORGANIZATION**  
**COGNITIVE FLEXIBILITY**  
**EMOTIONAL REGULATION**  
**IMPULSE CONTROL**

**WEDNESDAY, MARCH 10<sup>TH</sup>**  
**2:00-2:45PM, VIA ZOOM**

ZOOM LINK WILL BE SENT OUT VIA EMAIL AND SCHOOLGY ON MARCH 9TH

# ||| ACTION ITEMS |||

## FOR ALLIES AND ADVOCATES

*This month, we are continuing to share our*

*Mercy Racial Equity Glossary*

### ||| Racism |||

Racism = race prejudice + social and institutional power

Racism = a system of advantage based on race

Racism = a system of oppression based on race

Racism = a white supremacy system

Racism is different from racial prejudice, hatred, or discrimination.

Racism involves one group having the power to carry out systematic discrimination through the institutional policies and practices of the society and by shaping the cultural beliefs and values that support those racist policies and practices.

### ||| Restorative Justice |||

Restorative Justice is a theory of justice that emphasizes repairing the harm caused by crime and conflict. It places decisions in the hands of those who have been most affected by wrongdoing and gives equal concern to the victim, the offender, and the surrounding community.

Restorative responses are meant to repair harm, heal broken relationships, and address the underlying reasons for the offense.

Restorative Justice emphasizes individual and collective accountability.

continued on next page

## ||| White Fragility |||

Per Robin DiAngelo, white fragility is “a state in which even a minimum amount of racial stress becomes intolerable [for white people], triggering a range of defensive moves. These moves include the outward display of emotions such as anger, fear, and guilt, and behaviors such as argumentation, silence, and leaving the stress-inducing situation. These behaviors, in turn, function to reinstate white racial equilibrium.”

## ||| White Privilege |||

White Privilege refers to the unquestioned and unearned set of advantages, entitlements, benefits, and choices bestowed on people solely because they are white. Generally, white people who experience such privilege do so without being conscious of it.

**Structural White Privilege:** A system of white domination that creates and maintains belief systems that make current racial advantages and disadvantages seem normal. The system includes powerful incentives for maintaining white privilege and its consequences and powerful negative consequences for trying to interrupt white privilege or reduce its consequences in meaningful ways. The system includes internal and external manifestations at the individual, interpersonal, cultural, and institutional levels.

The accumulated and interrelated advantages and disadvantages of white privilege are reflected in racial/ethnic inequities in life expectancy and other health outcomes, income and wealth, and other outcomes, in part through different access to opportunities and resources. These differences are maintained in part by denying that

these advantages and disadvantages exist at the structural, institutional, cultural, interpersonal, and individual levels and by refusing to redress them or eliminate the systems, policies, practices, cultural norms, and other behaviors and assumptions that maintain them.

**Interpersonal White Privilege:** Behavior between people that consciously or unconsciously reflects white superiority or entitlement.

**Cultural White Privilege:** A set of dominant cultural assumptions about what is good, normal, or appropriate that reflects Western European white world views and dismisses or demonizes other world views.

**Institutional White Privilege:** Policies, practices and behaviors of institutions -- such as schools, banks, non-profits or the Supreme Court -- that have the effect of maintaining or increasing accumulated advantages for those groups currently defined as white, and maintaining or increasing disadvantages for those racial or ethnic groups not defined as white. The ability of institutions to survive and thrive even when their policies, practices, and behaviors maintain, expand, or fail to redress accumulated disadvantages and/or inequitable outcomes for people of color.

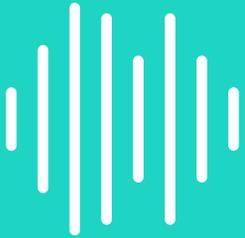
 From the Mercy Racial Equity Glossary.   
created by Mercy Director of Equity & Inclusion, Mrs. Traci Smith



# 10 WAYS

TO TELL ANXIETY TO SHUT UP

## 1. 4-BY-4 BREATHING



Slow your heart rate, distract your mind and calm your body.

Take a 4 second inhale through your nose, then a 4 second exhale through your mouth. Do this for about 1 minute.



## 2. FIDGET

Squeeze, smooch, mash, rub, twirl, or twist something small in your hands.

Find what works for you.

(Not sure where to start?

Come see your Counselor!)

## 3. SCRIBBLE

Grab a notebook and pen and simply scribble. You can scribble using lots of pressure if that relieves anxious tension for you, or you can lightly scribble if that is soothing or meditative for you.



## 4. ICE CUBES

Fill a sandwich bag or small towel with ice cubes and hold it to the back of your neck or your forehead. (If you are in a panic, you may want to skip the bag and hold the ice directly on your skin.)

## 5. TALK IT OUT

Call someone and tell them what you are feeling and thinking. Anxiety can tell us some pretty scary lies—share those with someone else, rather than carrying them alone.

## 6. MOVE

Just 10 minutes of movement can help calm an anxious mind or body. Take a walk, run, dance, do jumping jacks, play a physical game...just move!

## 7. WRITE

Start to take your worries, thoughts, and feelings out of your head and put them into words in front of you.





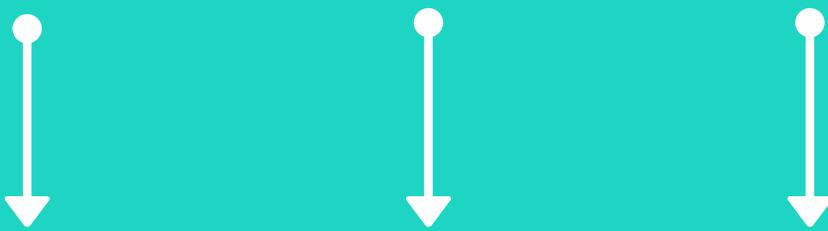
## 8. THE AWFUL SHOWER

Start a lukewarm shower & step in. Next, change the water temp to super cold and stand in the water for 30 secs (or longer if you can). Then, turn the temp back to lukewarm for a while before drying off.



## 9. CREATE YOUR OWN CALM

Close your eyes and picture a safe place (it can be real or fictional). Bring to your mind what you can see, hear, smell, touch, and experience there. Stay there in your mind until you feel calm.



## 10. MINT GUM

Release anxious tension through your jaw by chewing gum and allow the minty smell to remind you to breathe in through your nose.



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