

WELLNESS HUB NYC DOE

WELLNESS HUB NYC DOE: YOUR GUIDE TO HOLISTIC WELLBEING IN THE BIG APPLE

FINDING BALANCE IN THE BUSTLING ENERGY OF NEW YORK CITY CAN FEEL LIKE SEARCHING FOR A NEEDLE IN A HAYSTACK. BUT WHAT IF I TOLD YOU THERE'S A GROWING NETWORK DEDICATED TO SUPPORTING YOUR HOLISTIC WELLBEING, RIGHT WITHIN THE HEART OF THE CITY? THIS COMPREHENSIVE GUIDE DIVES DEEP INTO THE "WELLNESS HUB NYC DOE," EXPLORING ITS OFFERINGS, BENEFITS, AND HOW IT CAN HELP YOU THRIVE AMIDST THE CONCRETE JUNGLE. WE'LL UNPACK WHAT IT OFFERS, WHO IT SERVES, AND HOW TO NAVIGATE ITS RESOURCES EFFECTIVELY. GET READY TO DISCOVER YOUR PATH TO A HEALTHIER, HAPPIER YOU IN THE CITY THAT NEVER SLEEPS!

UNDERSTANDING THE WELLNESS HUB NYC DOE

THE TERM "WELLNESS HUB NYC DOE" REFERS TO A NETWORK OF RESOURCES AND INITIATIVES AIMED AT IMPROVING THE OVERALL WELLBEING OF INDIVIDUALS WITHIN THE NEW YORK CITY DEPARTMENT OF EDUCATION (DOE) SYSTEM. THIS ISN'T A SINGLE, PHYSICAL LOCATION, BUT RATHER A COLLECTION OF PROGRAMS, SERVICES, AND PARTNERSHIPS DESIGNED TO ADDRESS THE DIVERSE NEEDS OF STUDENTS, TEACHERS, STAFF, AND EVEN FAMILIES CONNECTED TO THE DOE. THIS COMPREHENSIVE APPROACH TARGETS PHYSICAL, MENTAL, AND EMOTIONAL WELLBEING, RECOGNIZING THAT THESE ASPECTS ARE INTERCONNECTED AND CRUCIAL FOR OVERALL SUCCESS.

KEY PILLARS OF THE WELLNESS HUB NYC DOE

THE EFFECTIVENESS OF THE WELLNESS HUB NYC DOE STEMS FROM ITS MULTIFACETED APPROACH. LET'S BREAK DOWN ITS CORE PILLARS:

1. **MENTAL HEALTH SUPPORT:** ACCESS TO MENTAL HEALTH SERVICES IS A CORNERSTONE OF THE INITIATIVE. THIS COULD INCLUDE COUNSELLING, THERAPY, WORKSHOPS ON STRESS MANAGEMENT, AND RESOURCES FOR COPING WITH ANXIETY AND DEPRESSION. THE INITIATIVE AIMS TO DESTIGMATIZE MENTAL HEALTH CONCERNS AND ENCOURAGE PROACTIVE SELF-CARE WITHIN THE EDUCATIONAL COMMUNITY. THE DOE RECOGNIZES THAT A HEALTHY MIND IS ESSENTIAL FOR OPTIMAL LEARNING AND PERFORMANCE.
1. **PHYSICAL WELLNESS PROGRAMS:** THIS ENCOMPASSES A WIDE RANGE OF ACTIVITIES PROMOTING PHYSICAL HEALTH. THINK INITIATIVES PROMOTING HEALTHY EATING HABITS, NUTRITION EDUCATION, ACCESS TO FITNESS RESOURCES, AND ENCOURAGING PHYSICAL ACTIVITY THROUGH SCHOOL-BASED PROGRAMS AND COMMUNITY PARTNERSHIPS. THE GOAL IS TO INSTILL HEALTHY LIFESTYLE CHOICES FROM A YOUNG AGE.
1. **SOCIAL-EMOTIONAL LEARNING (SEL):** THE WELLNESS HUB NYC DOE EMPHASIZES THE IMPORTANCE OF SOCIAL-EMOTIONAL LEARNING. THIS INVOLVES DEVELOPING CRUCIAL SKILLS LIKE SELF-AWARENESS, SELF-MANAGEMENT, SOCIAL AWARENESS, RELATIONSHIP SKILLS, AND RESPONSIBLE DECISION-MAKING. THESE SKILLS ARE INVALUABLE FOR NAVIGATING SOCIAL SITUATIONS, BUILDING HEALTHY RELATIONSHIPS, AND MANAGING EMOTIONS EFFECTIVELY. MANY SCHOOLS INCORPORATE SEL INTO THEIR CURRICULUM.
1. **EMPLOYEE WELLBEING:** THE WELLNESS HUB NYC DOE ISN'T SOLELY FOCUSED ON STUDENTS. IT EXTENDS ITS SUPPORT TO THE DEDICATED STAFF AND TEACHERS WHO WORK TIRELESSLY WITHIN THE DOE. THIS CAN INCLUDE EMPLOYEE ASSISTANCE PROGRAMS (EAPs), STRESS REDUCTION WORKSHOPS, AND RESOURCES TO HELP EDUCATORS MAINTAIN

THEIR OWN WELLBEING, RECOGNIZING THEIR CRUCIAL ROLE IN SUPPORTING THE WELLBEING OF STUDENTS.

1. FAMILY ENGAGEMENT: RECOGNIZING THE PIVOTAL ROLE FAMILIES PLAY, THE INITIATIVE OFTEN INCLUDES RESOURCES AND SUPPORT FOR PARENTS AND GUARDIANS. THIS MAY INVOLVE WORKSHOPS ON PARENTING SKILLS, FAMILY COMMUNICATION, AND ACCESS TO COMMUNITY RESOURCES THAT SUPPORT FAMILY WELLBEING. A STRONG FAMILY UNIT IS OFTEN A KEY COMPONENT OF A CHILD'S OVERALL HEALTH AND SUCCESS.

ACCESSING RESOURCES WITHIN THE WELLNESS HUB NYC DOE

NAVIGATING THE EXTENSIVE RESOURCES WITHIN THE WELLNESS HUB NYC DOE CAN SEEM DAUNTING. HOWEVER, THE DOE WEBSITE IS A GREAT STARTING POINT. LOOK FOR SPECIFIC PROGRAMS, SERVICES, AND CONTACT INFORMATION WITHIN YOUR SCHOOL DISTRICT OR BOROUGH. MANY SCHOOLS HAVE DESIGNATED WELLNESS COORDINATORS OR LIAISONS WHO CAN CONNECT YOU WITH THE APPROPRIATE RESOURCES. DON'T HESITATE TO REACH OUT—THE STAFF IS THERE TO HELP.

BEYOND THE OFFICIAL PROGRAMS: SUPPLEMENTING YOUR WELLBEING IN NYC

WHILE THE WELLNESS HUB NYC DOE PROVIDES A FANTASTIC FOUNDATION, REMEMBER THAT YOUR PERSONAL WELLBEING IS A JOURNEY, NOT A DESTINATION. SUPPLEMENTING THESE INITIATIVES WITH YOUR OWN SELF-CARE PRACTICES CAN SIGNIFICANTLY ENHANCE YOUR OVERALL EXPERIENCE. CONSIDER INCORPORATING REGULAR EXERCISE, MINDFUL PRACTICES LIKE MEDITATION OR YOGA, HEALTHY EATING HABITS, AND SPENDING TIME IN NATURE. NEW YORK CITY OFFERS A WEALTH OF OPPORTUNITIES FOR ALL OF THESE ACTIVITIES.

THE IMPACT OF THE WELLNESS HUB NYC DOE

THE ULTIMATE GOAL OF THE WELLNESS HUB NYC DOE IS TO CREATE A SUPPORTIVE AND NURTURING ENVIRONMENT WHERE INDIVIDUALS CAN THRIVE. BY ADDRESSING THE INTERCONNECTED ASPECTS OF WELLBEING, THE INITIATIVE AIMS TO IMPROVE ACADEMIC PERFORMANCE, REDUCE STRESS AND ANXIETY, FOSTER HEALTHY RELATIONSHIPS, AND BUILD A MORE RESILIENT AND THRIVING COMMUNITY. IT IS A TESTAMENT TO THE CITY'S COMMITMENT TO INVESTING IN THE FUTURE OF ITS STUDENTS AND STAFF.

CONCLUSION

THE WELLNESS HUB NYC DOE REPRESENTS A SIGNIFICANT STEP FORWARD IN PRIORITIZING HOLISTIC WELLBEING WITHIN THE NEW YORK CITY EDUCATIONAL SYSTEM. BY OFFERING A DIVERSE RANGE OF RESOURCES AND SUPPORT, IT EMPOWERS INDIVIDUALS TO CULTIVATE A HEALTHIER AND HAPPIER LIFE WITHIN THE BUSTLING ENVIRONMENT OF THE BIG APPLE. TAKE ADVANTAGE OF THE OPPORTUNITIES AVAILABLE, AND REMEMBER THAT PRIORITIZING YOUR WELLBEING IS AN INVESTMENT IN YOUR FUTURE SUCCESS.

FAQs:

1. IS THE WELLNESS HUB NYC DOE ACCESSIBLE TO ALL STUDENTS AND STAFF WITHIN THE DOE? WHILE THE SPECIFIC OFFERINGS MAY VARY BY SCHOOL AND DISTRICT, THE INITIATIVE AIMS TO PROVIDE ACCESSIBLE RESOURCES TO ALL WITHIN THE DOE SYSTEM.

1. HOW DO I FIND SPECIFIC RESOURCES RELEVANT TO MY NEEDS? CONTACT YOUR SCHOOL'S ADMINISTRATION OR SEARCH THE DOE WEBSITE FOR PROGRAMS AND SERVICES AVAILABLE IN YOUR AREA.

1. WHAT IF I DON'T SEE A RESOURCE THAT ADDRESSES MY SPECIFIC CONCERN? REACH OUT TO YOUR SCHOOL'S WELLNESS COORDINATOR OR THE DOE DIRECTLY; THEY MAY BE ABLE TO CONNECT YOU WITH ADDITIONAL RESOURCES OR SPECIALISTS.

1. ARE THE SERVICES OFFERED WITHIN THE WELLNESS HUB NYC DOE CONFIDENTIAL? YES, MOST SERVICES OFFERED PRIORITIZE CONFIDENTIALITY TO ENSURE INDIVIDUALS FEEL COMFORTABLE SEEKING HELP.

1. HOW CAN I CONTRIBUTE TO THE SUCCESS OF THE WELLNESS HUB NYC DOE? BY ACTIVELY PARTICIPATING IN PROGRAMS, SHARING YOUR EXPERIENCES, AND ADVOCATING FOR THE IMPORTANCE OF WELLBEING WITHIN YOUR SCHOOL COMMUNITY, YOU CAN CONTRIBUTE TO CREATING A POSITIVE AND SUPPORTIVE ENVIRONMENT.

📖 **wellness hub nyc doe: God: the illistrated edition** Paignton Preservation & Local History Society,

wellness hub nyc doe: *The Framework for Teaching Evaluation Instrument, 2013 Edition* Charlotte Danielson, 2013 The framework for teaching document is an evolving instrument, but the core concepts and architecture (domains, components, and elements) have remained the same. Major concepts of the Common Core State Standards are included. For example, deep conceptual understanding, the importance of student intellectual engagement, and the precise use of language have always been at the foundation of the Framework for Teaching, but are more clearly articulated in this edition. The language has been tightened to increase ease of use and accuracy in assessment. Many of the enhancements to the Framework are located in the possible examples, rather than in the rubric language or critical attributes for each level of performance.

wellness hub nyc doe: The New York Teacher , 1853

wellness hub nyc doe: Fitnessgram and Activitygram Test Administration Manual-Updated 4th Edition Cooper Institute (Dallas, Tex.), 2010 A fitness and activity schedule to enhance the effectiveness of school-based physical education programmes.

wellness hub nyc doe: Advancing Racial Literacies in Teacher Education Detra Price-Dennis, Yolanda Sealey-Ruiz, 2021 Today's students use their digital expertise and the power of their voice to respond to issues of inequity in society. It is essential that teacher educators develop their own racial literacies and those of their preservice and classroom teachers to support student digital activism. From talking about race and racism to resisting the harmful narratives that circulate online but impact face-to-face interactions in the classroom, teacher educators must navigate sociotechnical spaces with a critical lens and develop strategies to help their preservice teachers do the same. This book is designed to increase educators' capacity and agency to respond to inequities that plague our educational system. The authors provide a framework to help readers rethink how curriculum and pedagogy impact classroom instruction. In *Advancing Racial Literacies in Teacher Education*, Price-Dennis and Sealey-Ruiz provide theoretical and practical entry points into a conversation about race in the digital age that aim to increase equity in schools and better prepare teachers entering the U.S. school system. Book Features: Provides examples of how racial literacy can be fostered in teacher education programs. Offers reflection questions designed to assess the status of racial literacy in both teacher education programs and K-12 classrooms. Helps educators develop curriculums that leverage multimodal ways of cultivating racial literacy. Offers a conceptual model of racial literacy for the digital age that advances civic engagement for equity in education. Focuses on pedagogical practices that support racial literacy development in teacher

education. Includes a Foreword by Jabari Mahiri and an Afterword by Rebecca Rogers, leading scholars in the field of racial literacy.

wellness hub nyc doe: *Let's Talk About Race* Julius Lester, 2020-07-14 This wonderful book should be a first choice for all collections and is strongly recommended as a springboard for discussions about differences." —School Library Journal (starred review) In this acclaimed book, the author of the Newbery Honor Book *To Be a Slave* shares his own story as he explores what makes each of us special. A strong choice for sharing at home or in the classroom. Karen Barbour's dramatic, vibrant paintings speak to the heart of Lester's unique vision, truly a celebration of all of us. This stunning picture book introduces race as just one of many chapters in a person's story (School Library Journal). Lester's poignant picture book helps children learn, grow, discuss, and begin to create a future that resolves differences (Children's Literature). Julius Lester said: I write because our lives are stories. If enough of these stories are told, then perhaps we will begin to see that our lives are the same story. The differences are merely in the details. I am a story. So are you. So is everyone.

wellness hub nyc doe: *Pain Management and the Opioid Epidemic* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

wellness hub nyc doe: *Who Are You?* Brook Pessin-Whedbee, 2016-12-21 What do you like? How do you feel? Who are you? This brightly illustrated children's book provides a straightforward introduction to gender for anyone aged 5-8. It presents clear and direct language for understanding and talking about how we experience gender: our bodies, our expression and our identity. An interactive three-layered wheel included in the book is a simple, yet powerful, tool to clearly demonstrate the difference between our body, how we express ourselves through our clothes and hobbies, and our gender identity. Ideal for use in the classroom or at home, a short page-by-page guide for adults at the back of the book further explains the key concepts and identifies useful discussion points. This is a one-of-a-kind resource for understanding and celebrating the gender diversity that surrounds us.

wellness hub nyc doe: *Action Philosophers* Fred Van Lente, 2014-10-28 This ain't your grandpappy's dusty old philosophy class! It's the philosophy seminar your college ethics professor wished he could teach! It's . . . the definitive tenth-anniversary edition of Fred Van Lente and Ryan Dunlavey's award-winning, best-selling *Action Philosophers*! Study the tenets of Plato, the wrestling superstar from ancient Greece, learn the lessons of Nietzsche, the original übermensch, and meditate on the messages of Bodhidharma, a kung fu master. Laugh, learn, laugh some more, and ponder the messages of history's great thinkers as Van Lente and Dunlavey deliver this comprehensive cartoon history from the pre-Socratics to Jacques Derrida!

wellness hub nyc doe: *A Child Becomes a Reader* Bonnie B. Armbruster, 2006

wellness hub nyc doe: *Skin Again* Bell Hooks, 2017-06-04 From legendary author and critic bell hooks and multi-Caldecott Medalist Chris Raschka comes a new way to talk about race and

identity that will appeal to parents of the youngest readers. The skin I'm in is just a covering. It cannot tell my story. If you want to know who I am, you have got to come inside and open your heart way wide. Race matters, but only so much--what's most important is who we are on the inside. Looking beyond skin, going straight to the heart, we find in each other the treasures stored down deep. Learning to cherish those treasures, to be all we imagine ourselves to be, makes us free. This award-winning book, celebrates all that makes us unique and different and offers a strong, timely and timeless message of loving yourself and others.

wellness hub nyc doe: *Where the Jews Aren't* Masha Gessen, 2016-08-23 From the acclaimed author of *The Man Without a Face*, the previously untold story of the Jews in twentieth-century Russia that reveals the complex, strange, and heart-wrenching truth behind the familiar narrative that begins with pogroms and ends with emigration. In 1929, the Soviet government set aside a sparsely populated area in the Soviet Far East for settlement by Jews. The place was called Birobidzhan. The idea of an autonomous Jewish region was championed by Jewish Communists, Yiddishists, and intellectuals, who envisioned a haven of post-oppression Jewish culture. By the mid-1930s tens of thousands of Soviet Jews, as well as about a thousand Jews from abroad, had moved there. The state-building ended quickly, in the late 1930s, with arrests and purges instigated by Stalin. But after the Second World War, Birobidzhan received another influx of Jews—those who had been dispossessed by the war. In the late 1940s a second wave of arrests and imprisonments swept through the area, traumatizing Birobidzhan's Jews into silence and effectively shutting down most of the Jewish cultural enterprises that had been created. *Where the Jews Aren't* is a haunting account of the dream of Birobidzhan—and how it became the cracked and crooked mirror in which we can see the true story of the Jews in twentieth-century Russia. (Part of the Jewish Encounters series)

wellness hub nyc doe: *COVID-19 Impacts to Health and Wellness among Native American, Native Hawaiian, Alaska Native Peoples, and Indigenous Groups throughout the World* Rene Begay, Timian Mitsue Godfrey, Jerreed Dean Ivanich, 2023-09-28

wellness hub nyc doe: *Ways to Make Sunshine* Renée Watson, 2020-04-28 From Newbery Honor and Coretta Scott King Author Award winner Renée Watson, the first book in a young middle grade series about Ryan Hart, a girl who is pure spirit, kindness, and sunshine. Ryan Hart can be and do anything. Her name means king, that she is a leader, and she is determined to keep growing into the name her parents gave her. She is all about trying to see the best in people, to be a good daughter, sister, and friend. But Ryan has a lot on her mind. For instance: Dad finally has a new job, but money is still tight. That means some changes, like moving into a new (old) house, and Dad working the night shift. And with the fourth-grade talent show coming up, Ryan wonders what talent she can perform on stage in front of everyone without freezing. As even more changes and challenges come her way, Ryan always finds a way forward and shows she is a girl who knows how to glow. Acclaimed author Renée Watson writes her own version of *Ramona Quimby*, one starring a Black girl and her family, in this start to a charming new series. Acclaim for *Ways to Make Sunshine*: A New York Times Best Children's Book of the Year | A Parents Magazine Best Book of the Year | A School Library Journal Best Book of the Year | A Kirkus Reviews Best Book of the Year | A Publishers Weekly Best Book of the Year | A WORLD Magazine Best Book of the Year | An Amazon Best Book of the Year

wellness hub nyc doe: *Going Up!* Sherry J. Lee, 2020-04-07 An elevator ride to a birthday party turns into a shared experience bursting with joy in this multicultural story about community, togetherness and the special feeling of belonging. Today is Olive's birthday party, and Sophie and her dad have baked cookies. Sophie's dad holds the platter so Sophie can push the elevator button for the tenth floor. But on the way up, the elevator stops for the Santucci brothers. Then, for Vicky, Babs, and their dog, Norman. And, as the elevator ascends, more neighbors squeeze in: the Habibs, the Flores family, Mr. Kwan. Everyone's going to the party! Such a wonderful, close-knit building — kids will want to move right in!

wellness hub nyc doe: *Preventing Childhood Obesity* Institute of Medicine, Board on Health

Promotion and Disease Prevention, Food and Nutrition Board, Committee on Prevention of Obesity in Children and Youth, 2005-01-31 Children's health has made tremendous strides over the past century. In general, life expectancy has increased by more than thirty years since 1900 and much of this improvement is due to the reduction of infant and early childhood mortality. Given this trajectory toward a healthier childhood, we begin the 21st-century with a shocking development—an epidemic of obesity in children and youth. The increased number of obese children throughout the U.S. during the past 25 years has led policymakers to rank it as one of the most critical public health threats of the 21st-century. Preventing Childhood Obesity provides a broad-based examination of the nature, extent, and consequences of obesity in U.S. children and youth, including the social, environmental, medical, and dietary factors responsible for its increased prevalence. The book also offers a prevention-oriented action plan that identifies the most promising array of short-term and longer-term interventions, as well as recommendations for the roles and responsibilities of numerous stakeholders in various sectors of society to reduce its future occurrence. Preventing Childhood Obesity explores the underlying causes of this serious health problem and the actions needed to initiate, support, and sustain the societal and lifestyle changes that can reverse the trend among our children and youth.

wellness hub nyc doe: *Remaking the American Patient* Nancy Tomes, 2016-01-06 In a work that spans the twentieth century, Nancy Tomes questions the popular--and largely unexamined--idea that in order to get good health care, people must learn to shop for it. *Remaking the American Patient* explores the consequences of the consumer economy and American medicine having come of age at exactly the same time. Tracing the robust development of advertising, marketing, and public relations within the medical profession and the vast realm we now think of as health care, Tomes considers what it means to be a good patient. As she shows, this history of the coevolution of medicine and consumer culture tells us much about our current predicament over health care in the United States. Understanding where the shopping model came from, why it was so long resisted in medicine, and why it finally triumphed in the late twentieth century helps explain why, despite striking changes that seem to empower patients, so many Americans remain unhappy and confused about their status as patients today.

wellness hub nyc doe: *Safe and Healthy School Environments* Howard Frumkin M.D., Robert J. Geller M.D., I. Leslie Rubin M.D., Janice Nodvin, 2006-08-03 Millions of children and adults across the nation spend their days in school buildings, and they need safe, healthy environments to thrive, learn, and succeed. This book explores the school environment using the methods and perspectives of environmental health science. Though environmental health has long been understood to be an important factor in workplaces, homes, and communities, this is the first book to address the same basic concerns in schools. The editors are physicians and educators trained in pediatrics, occupational and environmental medicine, and medical toxicology, and the authors are experts in their fields drawn from across the United States and abroad. Each section of the book addresses a different concern facing schools today. In the first six sections, the various aspects of the school environment are examined. Chapters include the physical environment of the school, air quality issues, pest control, cleaning methods, food safety, safe designs of playgrounds and sports fields, crime and violence prevention, and transportation. In the last two sections, recommendations are made for school administrators on how to maximize the health of their schools. Appropriately evaluating the school environment, implementing strategies to address children and adults with disabilities, emphasizing health services, infectious disease prevention and recognition, and occupational health for faculty and staff are all addressed. The entire book is evidence-based, readable, generously illustrated, and practical. An indispensable resource for parents, school staff, administrators, government officials, and health professionals, this book is for anyone who cares about the health of our schools.

wellness hub nyc doe: *The Addiction Inoculation* Jessica Lahey, 2021-04-06 "The Addiction Inoculation is a vital look into best practices parenting. Writing as a teacher, a mother, and, as it happens, a recovering alcoholic, Lahey's stance is so compassionate, her advice so smart, any and all

parents will benefit from her hard-won wisdom.” —Peggy Orenstein, author of *Girls & Sex and Boys & Sex* In this supportive, life-saving resource, the New York Times bestselling author of *The Gift of Failure* helps parents and educators understand the roots of substance abuse and identify who is most at risk for addiction, and offers practical steps for prevention. Jessica Lahey was born into a family with a long history of alcoholism and drug abuse. Despite her desire to thwart her genetic legacy, she became an alcoholic and didn’t find her way out until her early forties. Jessica has worked as a teacher in substance abuse programs for teens, and was determined to inoculate her two adolescent sons against their most dangerous inheritance. All children, regardless of their genetics, are at some risk for substance abuse. According to the National Center on Addiction and Substance Abuse, teen drug addiction is the nation’s largest preventable and costly health problem. Despite the existence of proven preventive strategies, nine out of ten adults with substance use disorder report they began drinking and taking drugs before age eighteen. *The Addiction Inoculation* is a comprehensive resource parents and educators can use to prevent substance abuse in children. Based on research in child welfare, psychology, substance abuse, and developmental neuroscience, this essential guide provides evidence-based strategies and practical tools adults need to understand, support, and educate resilient, addiction-resistant children. The guidelines are age-appropriate and actionable—from navigating a child’s risk for addiction, to interpreting signs of early abuse, to advice for broaching difficult conversations with children. *The Addiction Inoculation* is an empathetic, accessible resource for anyone who plays a vital role in children’s lives—parents, teachers, coaches, or pediatricians—to help them raise kids who will grow up healthy, happy, and addiction-free.

wellness hub nyc doe: CHES Exam Secrets Study Guide Ches Exam Secrets Test Prep, 2018-04-12 ***Includes Practice Test Questions*** CHES Exam Secrets helps you ace the Certified Health Education Specialist Exam, without weeks and months of endless studying. Our comprehensive CHES Exam Secrets study guide is written by our exam experts, who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. CHES Exam Secrets includes: The 5 Secret Keys to CHES Exam Success: Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter, Not Harder, Prepare, Don't Procrastinate, Test Yourself; A comprehensive General Strategy review including: Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time Management, Contextual Clues, Don't Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slang, Extreme Statements, Answer Choice Families; A comprehensive Responsibility I review including: Community Analysis, Community Diagnosis, Needs Assessment, Primary Data, Secondary Data, Mail Survey, Telephone Survey, In-person Survey, Interviews, Focus Groups, Nominal Group Process, Delphi Panels, Observation, Health Risk Appraisals/Assessments (HRA); A comprehensive Responsibility II review including: Mission Statement, Outcome Objective, Goals, Behavioral Objective, PRECEDE-PROCEED, MATCH, Impact Objective, PATCH, Healthy People 2010, Health Education, Objectives, SMART; A comprehensive Responsibility III review including: Learning Activities, Implementation, Primary Function, Five Phases of Implementation, Pre-testing, Four Ps of Marketing, Educational Activities, Environmental Interventions, Behavior Modification, and much more...

wellness hub nyc doe: Rad American History A-Z Kate Schatz, 2020-03-03 From the New York Times bestselling team behind *Rad American Women A-Z* comes an illustrated collection of radical and transformative political, social, and cultural movements in American history. “An engaging, fascinating, and necessary book that speaks truth to power.”—Congresswoman Barbara Lee In *Rad American History A-Z*, each letter of the alphabet tells the story of a significant moment in America's progressive history—one that isn't always covered in history classes: A is for Alcatraz, and the Native occupation of 1969; C is for the Combahee River Raid, a Civil War action planned in part by Union

spy Harriet Tubman; Z is for Zuccotti Park, and the Occupy movement that briefly took over the world. Paired with dynamic paper-cut art by Miriam Klein Stahl, the entries by Kate Schatz explore several centuries of politics, culture, art, activism, and liberation, including radical librarians, Supreme Court cases, courageous youth, punk rocker grrrls, Southern quilts, and modern witches. In addition to the twenty-six core stories, short sidebars expand the discussion, and dictionary-style lists refer readers to additional key moments. So while F is for Federal Theater Project, a New Deal-era program that employed thousands of artists, F is also for Freedom Rides and First Amendment. E is for Earth First!, but also for Endangered Species Act and Equal Rights Amendment. There are tales of triumph, resilience, creation, and hope. Each engaging, fact-filled narrative illustrates an eye-opening moment that shows us how we got to now--and what we need to know about our histories to create a just and sustainable future. Advance praise for *Rad American History A-Z* "I wish I'd had *Rad American History A-Z* when I was growing up; it's a book I hope to read to my children one day. In such chaotic political times, this is a critical tool for young people to know how change happens, and to know that they, too, can make change happen. This book belongs on all library shelves as a transformative approach to history as we know it."-Alicia Garza, cofounder of Black Lives Matter Global Network

wellness hub nyc doe: *Enhancing Professional Practice* Charlotte Danielson, 2007-02-08 Note: A newer edition of this title is available. The framework for teaching is a research-based set of components of instruction that are grounded in a constructivist view of learning and teaching. The framework may be used for many purposes, but its full value is realized as the foundation for professional conversations among practitioners as they seek to enhance their skill in the complex task of teaching. The framework may be used as the foundation of a school's or district's recruitment and hiring, mentoring, coaching, professional development, and teacher evaluation processes, thus linking all those activities together and helping teachers become more thoughtful practitioners. The actions teachers can take to improve student learning are clearly identified and fall under four domains of teaching responsibility: Planning and Preparation, the School Environment, Instruction, and Professional Responsibilities. Within the domains are 22 components and 76 descriptive elements that further refine our understanding of what teaching is all about. The framework defines four levels of performance (Unsatisfactory, Basic, Proficient, and Distinguished) for each element, providing a valuable tool that all teachers can use. This second edition has been revised and updated and also includes frameworks for school specialists, such as school nurses, counselors, library and media specialists, and instructional coaches. Comprehensive, clear, and applicable to teaching across the K-12 spectrum, the framework for teaching described in this book is based on the PRAXIS III: Classroom Performance Assessment criteria developed by Educational Testing Service and is compatible with INTASC standards.

wellness hub nyc doe: *The Fourth Industrial Revolution* Klaus Schwab, 2017-01-03 World-renowned economist Klaus Schwab, Founder and Executive Chairman of the World Economic Forum, explains that we have an opportunity to shape the fourth industrial revolution, which will fundamentally alter how we live and work. Schwab argues that this revolution is different in scale, scope and complexity from any that have come before. Characterized by a range of new technologies that are fusing the physical, digital and biological worlds, the developments are affecting all disciplines, economies, industries and governments, and even challenging ideas about what it means to be human. Artificial intelligence is already all around us, from supercomputers, drones and virtual assistants to 3D printing, DNA sequencing, smart thermostats, wearable sensors and microchips smaller than a grain of sand. But this is just the beginning: nanomaterials 200 times stronger than steel and a million times thinner than a strand of hair and the first transplant of a 3D printed liver are already in development. Imagine "smart factories" in which global systems of manufacturing are coordinated virtually, or implantable mobile phones made of biosynthetic materials. The fourth industrial revolution, says Schwab, is more significant, and its ramifications more profound, than in any prior period of human history. He outlines the key technologies driving this revolution and discusses the major impacts expected on government, business, civil society and individuals. Schwab

also offers bold ideas on how to harness these changes and shape a better future—one in which technology empowers people rather than replaces them; progress serves society rather than disrupts it; and in which innovators respect moral and ethical boundaries rather than cross them. We all have the opportunity to contribute to developing new frameworks that advance progress.

wellness hub nyc doe: National Education Technology Plan Arthur P. Hershaft, 2011 Education is the key to America's economic growth and prosperity and to our ability to compete in the global economy. It is the path to higher earning power for Americans and is necessary for our democracy to work. It fosters the cross-border, cross-cultural collaboration required to solve the most challenging problems of our time. The National Education Technology Plan 2010 calls for revolutionary transformation. Specifically, we must embrace innovation and technology which is at the core of virtually every aspect of our daily lives and work. This book explores the National Education Technology Plan which presents a model of learning powered by technology, with goals and recommendations in five essential areas: learning, assessment, teaching, infrastructure and productivity.

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wellness hub nyc doe: Handbook of School Counseling Hardin L.K. Coleman, Christine Yeh, 2011-04-06 The mission of this forty-eight chapter Handbook is to provide a comprehensive reference source that integrates counseling theory, research and practice into one volume. It is designed to meet the needs of entry-level practitioners from their initial placement in schools through their first three to five years of practice. It will also be of interest to experienced school counselors, counselor educators, school researchers, and counseling representatives within state and local governments.

wellness hub nyc doe: Federal Guidelines for Opioid Treatment Programs U.S. Department of Health and Human Services, 2019-11-23 The Federal Guidelines for Opioid Treatment Programs (Guidelines) describe the Substance Abuse and Mental Health Services Administration's (SAMHSA) expectation of how the federal opioid treatment standards found in Title 42 of the Code of Federal Regulations Part 8 (42 CFR § 8) are to be satisfied by opioid treatment programs (OTPs). Under these federal regulations, OTPs are required to have current valid accreditation status, SAMHSA certification, and Drug Enforcement Administration (DEA) registration before they are able to administer or dispense opioid drugs for the treatment of opioid addiction.

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wellness hub nyc doe: Housing New York 2.0 , 2017 Since Mayor de Blasio launched the Housing New York Plan in 2014, New York City has accelerated the construction and preservation of affordable housing to levels not seen in 30 years. We are on track to secure more affordable housing in the first four years of the Administration than in any comparable period since 1978. The City has tripled the share of affordable housing for households earning less than \$25,000. Funding for

housing construction and preservation has doubled, as have the number of homes in the City's affordable housing lotteries each year. Hundreds of once-vacant lots have affordable homes rising on them today. Reforms to zoning and tax programs are not just incentivizing, but mandating affordable apartments—paid for by the private sector—in new development. --Page 4.

wellness hub nyc doe: *Fighting Jim Crow in the County of Kings* Brian Purnell, 2013-05 The Congress of Racial Equality (CORE) established a reputation as one of the most important civil rights organizations of the early 1960s. In the wake of the southern student sit-ins, CORE created new chapters all over the country, including one in Brooklyn, New York, which quickly established itself as one of the most audacious and dynamic chapters in the nation. In *Fighting Jim Crow in the County of Kings*, historian Brian Purnell explores the chapter's numerous direct-action protest campaigns for economic justice and social equality. The group's tactics evolved from pickets and sit-ins for jobs and housing to more dramatic action, such as dumping trash on the steps of Borough Hall to protest inadequate garbage collection. The Brooklyn chapter's lengthy record of activism, however, yielded only modest progress. Its members eventually resorted to desperate measures, such as targeting the opening day of the 1964 World's Fair with a traffic-snarling stall-in. After that moment, its interracial, nonviolent phase was effectively over. By 1966, the group was more aligned with the black power movement, and a new Brooklyn CORE emerged. Drawing from archival sources and interviews with individuals directly involved in the chapter, Purnell explores how people from diverse backgrounds joined together, solved internal problems, and earned one another's trust before eventually becoming disillusioned and frustrated. *Fighting Jim Crow in the County of Kings* adds to our understanding of the broader civil rights movement by examining how it was implemented in an iconic northern city, where interracial activists mounted a heroic struggle against powerful local forms of racism.

wellness hub nyc doe: *Quest to Learn* Katie Salen Tekinbas, Robert Torres, Loretta Wolozin, Rebecca Rufo-Tepner, Arana Shapiro, 2010-10-29 The design for *Quest to Learn*, an innovative school in New York City that offers a “game-like” approach to learning. *Quest to Learn*, an innovative school for grades 6 to 12 in New York City, grew out of the idea that gaming and game design offer a promising new paradigm for curriculum and learning. The designers of *Quest to Learn* developed an approach to learning that draws from what games do best: drop kids into inquiry-based, complex problem spaces that are built to help players understand how they are doing, what they need to work on, and where to go next. Content is not treated as dry information but as a living resource; students are encouraged to interact with the larger world in ways that feel relevant, exciting, and empowering. *Quest to Learn* opened in the fall of 2009 with 76 sixth graders. In their first semester, these students learned—among other things—to convert fractions into decimals in order to break a piece of code found in a library book; to use atlases and read maps to create a location guide for a reality television series; and to create video tutorials for a hapless group of fictional inventors. This research and development document outlines the learning framework for the school, making the original design available to others in the field. Elements in development include a detailed curriculum map, a budget, and samples of student and teacher handbooks.

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wellness hub nyc doe: *Making Healthy Places* Andrew L. Dannenberg, Howard Frumkin, Richard J. Jackson, 2012-09-18 The environment that we construct affects both humans and our natural world in myriad ways. There is a pressing need to create healthy places and to reduce the

health threats inherent in places already built. However, there has been little awareness of the adverse effects of what we have constructed-or the positive benefits of well designed built environments. This book provides a far-reaching follow-up to the pathbreaking *Urban Sprawl and Public Health*, published in 2004. That book sparked a range of inquiries into the connections between constructed environments, particularly cities and suburbs, and the health of residents, especially humans. Since then, numerous studies have extended and refined the book's research and reporting. *Making Healthy Places* offers a fresh and comprehensive look at this vital subject today. There is no other book with the depth, breadth, vision, and accessibility that this book offers. In addition to being of particular interest to undergraduate and graduate students in public health and urban planning, it will be essential reading for public health officials, planners, architects, landscape architects, environmentalists, and all those who care about the design of their communities. Like a well-trained doctor, *Making Healthy Places* presents a diagnosis of--and offers treatment for--problems related to the built environment. Drawing on the latest scientific evidence, with contributions from experts in a range of fields, it imparts a wealth of practical information, with an emphasis on demonstrated and promising solutions to commonly occurring problems.

wellness hub nyc doe: *Dare to Lead* Brené Brown, 2018-10-09 #1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries *Brené Brown: Atlas of the Heart!* **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG** Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read *Daring Greatly* and *Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

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schools with the LLI Orange System can purchase additional copies of the program guide if they require. Find out more about the Fountas & Pinnell LLI System at www.pearson.com.au/primary/LLI

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wellness hub nyc doe: *Improving the Airport Customer Experience* Bruce J. Boudreau, Greg Detmer, Susan Tam, Stephanie Box, Ryan Burke, Joanne Paternoster, Lou Carbone, 2016 TRB's Airport Cooperative Research Program (ACRP) Report 157: Improving the Airport Customer Experience documents notable and emerging practices in airport customer service management that increase customer satisfaction, recognizing the different types of customers (such as passengers, meeters and greeters, and employees) and types and sizes of airports. It also identifies potential improvements that airports could make for their customers. -- Publisher's description

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