



SEAFORD HIGH SCHOOL

1575 Seamans Neck Road, Seaford, NY 11783 • Phone: (516) 592-4380 • Fax: (516) 592-4301

MS. NICOLE J. SCHNABEL
Principal

MS. JENNIFER L. BISULCA
Assistant Principal

DR. RAPHAEL M. MOREY
Assistant Principal

October 15, 2021

Dear Parents/Guardians,

This letter is to inform you of small group experiences that will be offered this school year at Seaford High School. The groups will run bi-weekly for 8-12 weeks. Small groups provide not only the opportunity for additional learning experiences, but also a time of sharing and a time of growing together with fellow students. Small groups give students a chance to belong, a chance to express themselves, and a chance to benefit from the support of group members. The groups that are currently being offered will include the following topics.

- **Self-Care & Self Esteem:** This group will focus on strategies to help students become more confident, learn how to address anxiety, stress, & fear, and how to become more mindful.
- **Creating Healthy Relationships:** This group will teach students how to develop the skills and strategies needed to create and maintain healthy relationships. Whether it's friendships, dating, or relationships with family members or even teachers, this group will cover conflict resolution, self-advocacy, and more!
- **Organizational Skills:** This group will teach valuable organizational skills and strategies to help students stay on track and avoid missing assignments or getting overwhelmed. When we are organized, we are more likely to be able to focus, learn, and succeed!

Please reach out to Laura Ametrano, School Psychologist, if you would like your child to join one of the groups. She can be reached in the guidance office at 516-592-4320 or by e-mail at Lametrano@seaford.k12.ny.us. Looking forward to hearing from you about these new and exciting groups!

Sincerely,

Laura Ametrano, MS
School Psychologist