

COUNSELING CORNER

PREPARATORY CHARTER HS

Celebrating Black History Month

The Harlem Renaissance



The Harlem Renaissance was an intellectual, social, and artistic explosion centered in the predominantly African American section of Harlem in New York City during the 1920s. The period is considered to have been a rebirth of the African American arts, with music, literature, and art all seeing significant achievements. It challenged the racist stereotypes that aimed to keep Black people oppressed.

Many popular Black artists like Billie Holiday, Duke Ellington, Louis Armstrong, Langston Hughes, and Josephine Baker rose to prominence during this time.

UPCOMING EVENTS

Philadelphia. Locz Hairshow and business Expo 2023
Saturday 2/11- Sunday 2/12 from 12pm-7pm @ Temple University
Student Center

African American Museum of Philadelphia
Admission is free for Philadelphia High School students, just show
your ID
Location: 701 Arch St, Philadelphia, PA 19106



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WORD OF THE MONTH

Active Listening:

Active listening means giving a speaker your undivided attention, listening to them carefully, reflecting on what was said and responding in a way that shows your understanding.

RESOURCE CORNER

Lutheran Settlement House, Jane Addams Place

The Jane Addams Place provides families with housing, comprehensive case management services, trauma therapy, and nutritious meals with fresh fruits and vegetables.

- Children receive support with school, activities focused on emotional and physical health, and fun field trips that allow kids to be kids.
- Case managers help the parents and caregivers to set achievable goals for their futures, which includes counseling related to housing options, employment, household finances, health, and education.

Location: 1340 Frankford Avenue Philadelphia, PA 19125

Phone: 215-426-8610

PHLpreK

- Free, quality Pre-K education for kids in the Philadelphia area.

Locations: 180 locations across the city

Phone: 844-745-7735

Cost: Free

<http://www.phlprek.org/>



TOOL BOX TOPIC: BENEFITS OF SLEEP

Teenagers typically need 8-10 hours of sleep per night. Getting enough sleep is important for many reasons. If someone is getting enough sleep they will get sick less often, lower their risk for diabetes/heart disease, reduce stress, improve mood, think more clearly, and get along better with people. To get better sleep at night try exercising to tire yourself out, create a comfortable sleep environment that is cool and dark, and set a specific bedtime routine you can keep every night!