

# Quotes of the Week

## Empathy is...

seeing with the eyes of another,  
listening with the ears of another,  
and feeling with the heart of another.

1

IF WE CAN'T SEE  
eye TO Eye  
LET'S  
TRY  
Heart  
to  
heart

2

We rise by lifting  
others.

3

-Robert Ingersoll

I always  
reverse roles...  
I consider how  
I would feel if  
I were on the  
opposite end  
of things. I do  
what I would  
want done  
for me.

EGYPT - THEGOODVIBE.CO

4

Do things for people

NOT BECAUSE OF WHO  
THEY ARE OR WHAT  
THEY DO IN RETURN,  
BUT BECAUSE  
OF WHO YOU ARE.

5

HAROLD S. KUSHNER

6

**Empathy** has no script.

There is no right way or wrong way to do  
it. It's simply listening, holding space,  
withholding judgment, emotionally  
**connecting**, and communicating that  
incredibly healing message of  
"You're not alone."

- Brené Brown

Make sure you are taking care of you! If you need help, reach out:

Mrs. Kelly (A-J) - Office A432; heather.kelly@rcsdk12.org

Ms. Dorgan (K-Z) - Office A423; maggie.dorgan@rcsdk12.org

"EMPATHY IS  
THE MEDICINE  
THE WORLD  
NEEDS"

- JUDITH ORLOFF, MD

JOURNALETTE.NET

7

# SEL

(social emotional learning)

...

This week let's talk about  
Empathy

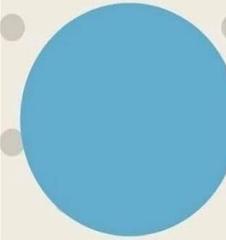
# Showing Empathy

**Empathy** is the *ability to understand another person's thoughts and feelings in a situation from their point of view, rather than your own.*



## WHAT PEOPLE THINK EMPATHY IS

earthbound madness



Feeling sorry for someone

## WHAT EMPATHY ACTUALLY IS



- Sensing other people's emotions
- Imagining how someone feels
- Imagine what someone is thinking
- Mirroring someone's feelings
- Identify how a person is feeling
- Understanding another person's feelings
- Seeing things from another point of view
- Really listening to what others have to say
- Feeling overwhelmed by others' tragedy

## Put yourself in their shoes challenge

You see that a friend got a bad grade on a test and they see really sad about it. Put yourself in their shoes.

How would you feel? What could you do to help?

A Classmate is being made fun of because of the way they look.

Put yourself in their shoes.

How would you feel? What could you do to help?



MADE ME FEEL  
SO INSPIRED!

# Empathy vs. Sympathy vs. Compassion

## Empathy:

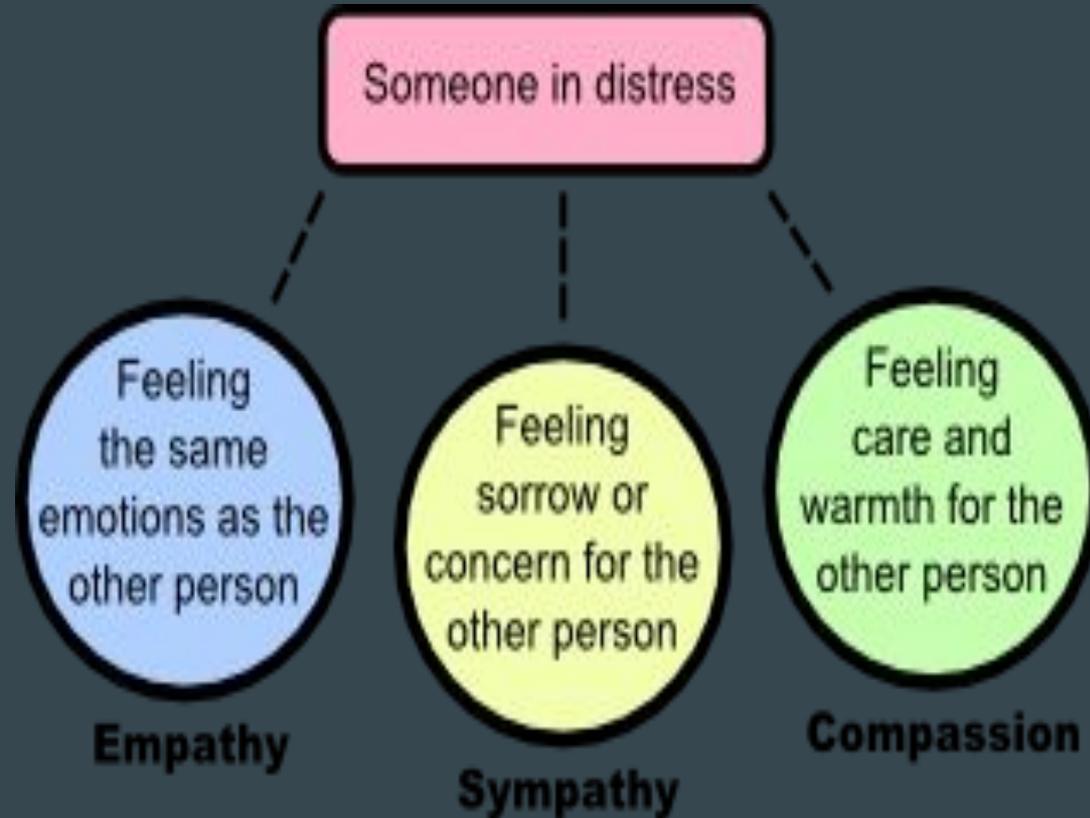
It's the ability to understand another person's thoughts and feelings in a situation from their point of view, rather than your own

## Sympathy:

kind understanding and concern for others when they are sad, suffering, or having trouble.

## Compassion:

means we care about others, treat them with kindness, and feel a strong desire to help people in need



What's Happening  
at SOTA!



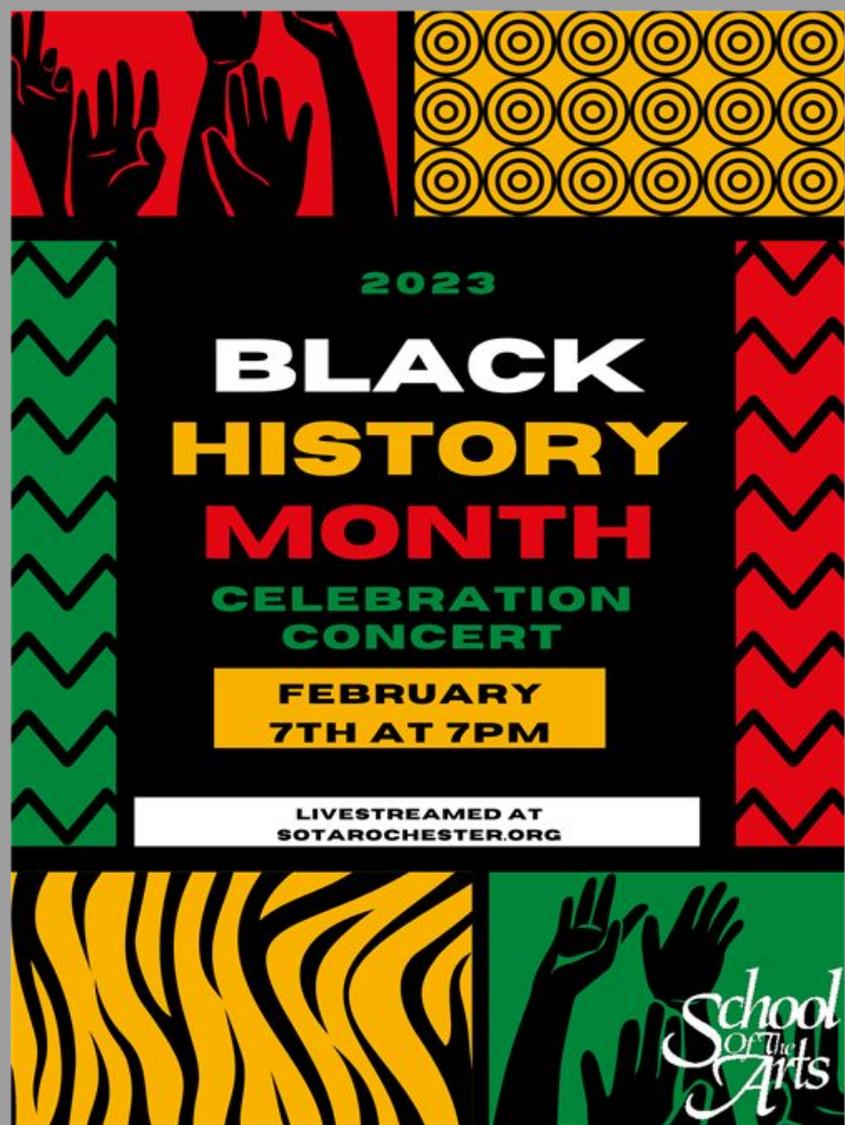
Keep up to date on sporting events  
for SOTA-hosted team [HERE](#)

Principal Nicastro's  
January Update

SOTA Calendar



BOX OFFICE



# February Events

Poster by Lavender Ashley

School of the Arts Presents

## *False Creeds*

Written by Darren Canady  
Directed by Edward H. Myers Jr  
Assistant Directed by Ajamu Brooks

February 10 & 11 at  
7pm

February 16 & 17 at  
7pm

Tickets at [boxoffice.sotarochester.org](https://boxoffice.sotarochester.org)



Click on images for order forms

Get Your BLM Day Merch Today!



T-Shirts: \$10

Long sleeves: \$15

Hoodies/ Crew necks: \$25

Fill out the google order form sent to your 890 email!

Email Ms. Kays or Ms. Phillips with any questions!

SOTA 2023

# YEAR BOOKS

ON SALE NOW!



**\$46 plus tax  
and service fee**

**Order by  
April 10, 2023**



Purchase the Yearbook online at the below link or scan the QR code.  
<https://buytheyearbook.pictavo.com>  
School ID: 712293



# What's Happening around the Roc



Schedule: Click Here



Download and view the guide here!

<https://tinyurl.com/anv99dsf>

# Employment and Training Information

TEEN EMPOWERMENT

# NOW HIRING

Youth Organizers for Fall 2022-Spring 2023

Ages 14-19

Seeking *committed* and *motivated youth* residing in *South West Plex and Beechwood/Marketview Heights* neighborhoods to *promote peace* through youth-led events and initiatives through partnerships with adults!

**Pay Rate: \$14.25/Hr**

- **SPEAK TRUTH**
- **UPLIFT YOUTH**
- **FIND YOUR VOICE**
- **ENGAGE COMMUNITY**

Contact Program Staff with any questions  
585.697.3464

SCAN HERE



**TO APPLY!**

Teen Empowerment

It's that time of year again!!

Teen Empowerment is hiring

for our 2022-23 program

year. We're looking for

youth ages 14-19 in the city

of Rochester, who are

ready to speak up on

behalf of their community.

# Summer of Opportunity Program

Applications are available as of **February 1st**, apply early for this great opportunity!

Who: Youth ages 14-20

What: 6-8 week paid summer work experience

When: Summer 2022

Deadline: **March 31, 2023**

[Click here for more information and to apply!](#)



**Fun and challenging opportunities** for youth ages 14 - 20 in government, recreation, community-based, private and public organizations, colleges, in our community, and more!

**APPLY FEB. 1 THROUGH MAR. 31, 2023**

Visit [rocsummeryouth.com](http://rocsummeryouth.com)  
Call **(585) 428-6366**



# Work Permit Information

You can get your work permit right here at SOTA. Stop by your house office with the following documents:

- Completed Application
- Copy of Current Physical
  - Birth Certificate

All the information you need to apply for a work permit can be found on the SOTA Webpage:

[Work Permit Application Information](#)

The screenshot shows the School of the Arts (SOTA) website. The header includes the SOTA logo with the tagline "Our Mission is Student Success... Academic, Artistic, Humanistic!". Navigation links include "Select a School", "Translate", "District Home", and "How can we help?". The main navigation bar lists "Home", "About SOTA", "Parents", "Staff", "Assessments", "Arts", "Counselor Corner", "School Life", and "Calendar". The "Counselor Corner" section is active, showing a breadcrumb trail: "Home > Counselor Corner > Work Permit Steps > Overview". The page title is "Work Permit Steps" with sub-sections "Overview" and "RCSD Work Permit Process". The main content area features a graphic of a clipboard with a checklist and a pencil, with the text "APPLY FOR A WORK PERMIT". Below this is the heading "WORK PERMIT PROCESS" and the text: "Permits are issued Monday through Friday between the hours of 9:00 AM - 2:00 PM." and "Bring complete applications, physical, and identification to the school and any of our clerical staff can help you." At the bottom, there are two blue links: "Work Permit Fillable Form" and "Work Permit Physical Form".

# Parent and student resources



Track daily attendance, review academic progress and communicate directly with teachers and district staff as well as get the latest news updates, social media posts, notifications and more, all from your mobile device. Download the [PowerSchool](#) app to any Android or Apple device to access these many helpful tools anytime, anywhere. For additional login information and/or assistance, [click here](#).



Update  
Contact Info



[PLEASE UPDATE](#)  
[STUDENT CONTACT](#)  
[INFORMATION HERE...](#)

# Tutoring

The SUNY Geneseo School of Education and Office of Field Experiences is reaching out to provide the opportunity for students to engage in a virtual tutoring program for students in Kindergarten to 8th grade. This is the third year that this program has been run, and it is intended to provide students with additional instruction to close some gaps that exist from remote instruction as well as provide overall academic support. The tutoring services are run remotely via Zoom, free of charge, by volunteer teacher candidates from SUNY Geneseo. Please share the attached flyer and linked Google Form sign-up with families. There are a limited number of seats available and spots will be filled on a first come first served basis. We would like to extend the opportunity to your students to participate, and we hope that we can provide additional support to students within your district.

Sign-up Link: [Virtual Tutoring Spring 2023 Sign-Up](#)

# Meet your SOTA School Counselors



Mrs. Heather Kelly  
Grades 7-9  
Last Names A-J  
heather.kelly@rcsdk12.org  
(585) 242-7682 X 4320



Ms. Maggie Dorgan  
Grades 7-9  
Last Names K-Z  
maggie.dorgan@rcsdk12.org  
(585) 242-7682 X 4240

What is the Role of the School Counselor?

The SOTA School Counselors provide Academic Counseling and assist with Career and Post-Secondary Planning and Social-Emotional development for ALL students.



