



CLEVELAND TIGER NEWS

CREATING A CULTURE OF COLLABORATION

VOLUME 3 ISSUE 2

OCTOBER 2025



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OUR PARENT NEWSLETTER

Keeping you informed, engaged and connected as we move forward this new school year.



IMPORTANT DATES



October

THURSDAY, OCTOBER 2ND, 2025
YOM KIPPUR
SCHOOLS CLOSED

WEDNESDAY, OCTOBER, 8TH 2025
SENIOR PARENT
COLLEGE NIGHT

THURSDAY, OCTOBER 9TH 2025
VIRTUAL FINANCIAL AID NIGHT
SPONSORED BY ST. JOSEPH'S
(ENGLISH VERSION) 6:45 PM

MONDAY, OCTOBER 13TH 2025
ITALIAN HERITAGE & INDIGENOUS
PEOPLES' DAY
SCHOOLS CLOSED

WEDNESDAY, OCTOBER 15TH 2025
HISPANIC HERITAGE
CELEBRATION

THURSDAY, OCTOBER 16TH 2025
END OF THE 1ST MARKING PERIOD
CURRICULUM NIGHT
6:30 PM – GYM 3

MONDAY OCTOBER 20TH 2025
DIWALI
SCHOOLS CLOSED

FRIDAY, OCTOBER 24TH 2025
HAUNTED HOUSE & HALLOWEEN
DANCE

WEDNESDAY OCTOBER 29TH 2025
VIRTUAL FINANCIAL AID NIGHT
(SPANISH VERSION) 6:45 PM

FRIDAY OCTOBER 31TH 2025
FALL BLOOD DRIVE





IDCC CORNER

TIPS ON HOW LATINO FAMILIES CAN BREAK MENTAL HEALTH STIGMA

1. TALK OPENLY

MAKE MENTAL HEALTH PART OF NORMAL CONVERSATION.

EXAMPLE:

INSTEAD OF JUST ASKING, “¿CÓMO ESTÁS?”, TRY:
“YOU’VE SEEMED STRESSED LATELY. DO YOU WANT TO TALK ABOUT IT?”

2. SHOW SUPPORT

LISTEN WITHOUT JUDGMENT OR SHAME.

EXAMPLE:

IF YOUR CHILD SAYS, “I FEEL OVERWHELMED,” AVOID SAYING:
“THAT’S NOTHING, BE STRONG.”

TRY INSTEAD:

“I HEAR YOU. I’M HERE FOR YOU. LET’S FIGURE IT OUT TOGETHER.”

3. LEAD BY EXAMPLE

BE HONEST ABOUT YOUR OWN STRUGGLES AND HOW YOU HANDLE THEM.

EXAMPLE:

“I’VE HAD ANXIOUS MOMENTS TOO. TALKING TO SOMEONE REALLY HELPED ME.”

4. USE RESPECTFUL LANGUAGE

AVOID HURTFUL TERMS LIKE “CRAZY” OR “WEAK.”

EXAMPLE:

INSTEAD OF SAYING, “ESTÁ LOCO,” SAY:
“THEY’RE GOING THROUGH SOMETHING HARD. MAYBE THEY NEED SUPPORT.”

5. ENCOURAGE PROFESSIONAL HELP

LET YOUR FAMILY KNOW THAT ASKING FOR HELP IS A STRENGTH.

EXAMPLE:

“SEEING A THERAPIST IS LIKE SEEING A DOCTOR—IT’S PART OF TAKING CARE OF YOUR HEALTH.”

SAPIS



PREVENTION POST



-Ms. Valdez

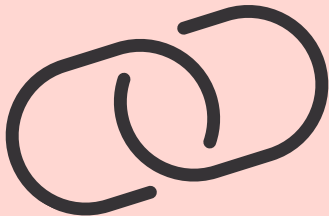
As the SAPIS here at GCHS I am here to support you and your teen on the journey to healthy decision making.



Resources

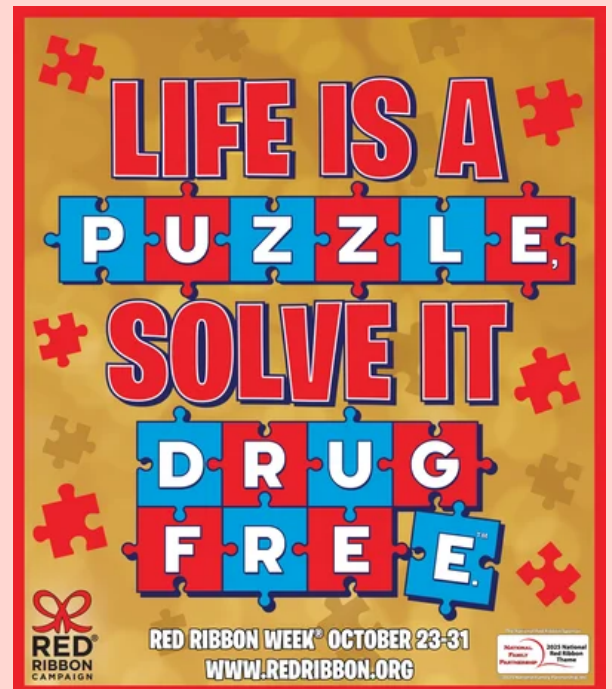
RED RIBBON WEEK
OCTOBER 23-31 2025

WELLNESS + AWARENESS =
PREVENTION



What Every Child Needs For Good
Mental Health | Mental Health
America

Social Media and Youth Mental Health | Mental
Health America



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(718)381-9600
ext 3353



**COFFEE
WITH THE SAPIS**
FRIDAY OCTOBER 24TH
10AM

COMING
SOON

Parent Resources

Lydia Martinez
Parent Coordinator



🎉 Come elect the parents who will represent you this year.

****2025 - 2026 Parents Association and School Leadership Team Expedited Elections****

****Date:** Tuesday, October 14, 2025**

****Time:** 6:00 p.m.**

****Location:** Grover Cleveland H.S. Auditorium**



****Executive Board Position Available:****

Recording Secretary

To qualify for the position on the Parents Association, you must have a child attending GCHS during the 2025-2026 school year.

****School Leadership Team**

1 Seat

****Title1 (PAC)**

Chairperson

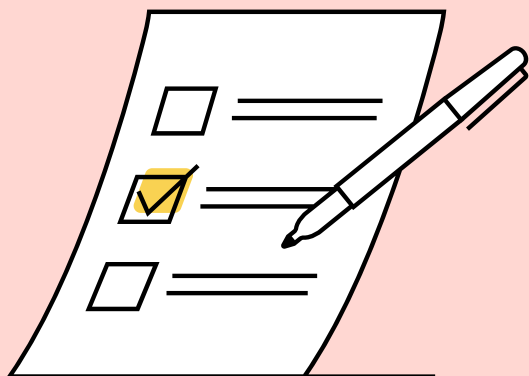
Alternate

Recording Secretary

3 Members

<https://www.schools.nyc.gov/school-life/get-involved/parent-associations>

<https://www.schools.nyc.gov/get-involved/families/school-leadership-team>



School lunch forms

<https://www.myschoolapps.com/>

