



RHODE ISLAND
**NURSES INSTITUTE
MIDDLE COLLEGE**
CHARTER SCHOOL



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RINI Principal's Update - March 19, 2021

RINI UPCOMING CALENDAR DATES:

TIME MEETING SERIES:

March 29: Bring Spring: What does Spring Hold for Students and Families?

Help RINI Expand!

RINI is serving a critical need in Rhode Island – preparing the next generation of nurses and healthcare workers. The General Assembly is trying to pass two bills that will prevent RINI and other schools from expanding their programs to more students. Learn more [here](#) and please help by signing a letter of support [here](#).

WORKFORCE INFORMATION:

RINI Students Continue To Excel In The Workforce.

We are excited to announce that we have 3 candidates attending Brown Pre-college summer classes this year which is based on high academic success! Additionally, 11 students are currently interviewing for Skills for RI summer program. Locally, 2 students interning with RIDOH and RIDE, coordinating Binex testing at area schools and Dunkin center. Congratulations to all our RINI students; keep up the great work!

Win a \$250 Visa Card! Complete the Survey Works Survey and your name will be entered for a chance to earn a \$250 visa gift card. This a token of appreciation for our RINI Families.

To earn the visa gift card:

- Complete the survey in a language you are comfortable with:
- [RINI SurveyWorks \(English\)](#)
- [RINI SurveyWorks \(Spanish\)](#)
- Take a picture of your screen showing you have submitted it (or provide a screenshot)
- Email image to mtsiane@rinimc.org.
- Celebrate with your \$250 gift card!

The last day to complete the survey is **Wednesday, March**

31. Parents/Guardians, this is an opportunity to provide feedback on how the school is doing. We thank you and appreciate your participation.

ACADEMICS:

WE ARE DOING GREAT THINGS IN EDUCATION! This week we successfully initiated in-person CNA lab time; this will continue throughout the month of March.

SENIORS: LET'S GET READY FOR GRADUATION! Mrs Gaspar is looking for seniors to join an innovative team to work on planning senior events for the end of the year. Meetings take place on Thursday after school at Mrs. Gaspar's Zoom Link.

COLLEGE AND CAREER UPDATES:

Interested in a career in Healthcare? Of course you are! March 31 is the deadline for scholarship applications for healthcare majors, including nursing, health care administration, masters programs, etc. Over \$40,000 dollars will be awarded to RI students. For a complete list of qualifying majors, application and financial aid worksheet, please visit www.chartercarefoundation.org and click on Scholarships. For questions, email piacono@chartercarefoundation.org.

[PrepareRI Ambassador Team](#) is excited to announce the launch of monthly themed webinars, intended to increase awareness about the amazing opportunities available to best support students' college and career pathways. Please find a list of monthly webinar topics below:

- March: School Counseling (March 24 from 5 – 6 p.m.)
- April: All Course Network
- May: Saving Money in College with PrepareRI
- June: Work-Based Learning
- July: PrepareRI Alums – Where are they now?

You can register for the webinars [here](#). If you have questions about the monthly webinar series, please contact Wendy Wallace, at wendy.wallace@ride.ri.gov.

SCHOLARSHIP OPPORTUNITY:

The 1SG P. Andrew McKenna Memorial Scholarship is offered annually to

two graduating seniors in the State of Rhode Island in honor of 1SG McKenna. Andrew was a Green Beret assigned to the 7th Special Forces Group, killed in action on August 7th, 2015 in Kabul, Afghanistan. Qualified applicants must submit completed applications no later than Friday, April 16th, 2021. Chosen recipients will each receive a \$1,500 scholarship check in their name. Application details can be found by emailing 1SGPAM@gmail.com.

The Rhode Island Foundation is pleased to announce that applications are now being accepted for the Martin Luther King Scholarship. The Martin Luther King Scholarship Fund provides scholarships to students who meet the following criteria:

- Rhode Island resident
- Applicants must be African-American/Black
- Accepted or enrolled in an accredited post-secondary college or technical school within the U.S.
- Must demonstrate academic and leadership success
- Must be able to demonstrate financial need

The award amounts vary and the scholarship may be renewable.

Deadline for application submission is Monday, April 12, 2021 by 5 p.m. (EST). Please click [here](#) to apply. Contact Kelly Riley, Donor Services Administrator, by calling: 401-427-4028, or emailing her at: kriley@rifoundation.org.

2021 Navigant Credit Union Scholarship Accepting Applications

The 2021 Navigant Credit Union Scholarship is open to any graduating high school senior entering an accredited junior college, college, university or tech school. The applicant or parent/guardian must be a member of Navigant Credit Union in good standing. The deadline for this scholarship is Monday, May 3rd 2021. The [Scholarship](#) can be downloaded from the Navigant Credit Union website. Please contact Kelley Schimmel at scholarships@navigantcu.org with any questions.

It's My Heart New England Scholarships 2021

It's My Heart New England is offering 4 scholarships in the amount of \$1,500 each for 2021. The scholarships are awarded to qualified high school and college students who meet the following criteria: diagnosed with Congenital

Heart Defect (CHD); been the recipient of a heart transplant; or have a family member (sibling, parent) diagnosed with CHD.

You can access the [application here](#) for these scholarships on our website. Applications must be postmarked by March 26, 2021 for award on or before June 27, 2021. Have questions? Email us at ne@itmyheart.org

It is not too late to file for FAFSA!

Day and night appointments are available. Book your appointment at [The College Planning Center](#) or call 401-736-3170 [Prepare for FAFSA](#)

FROM THE SOCIAL WORKER'S OFFICE

We acknowledge how challenging the last year has been given the COVID-19 Pandemic and the many losses experienced. We want you to know that there are resources and help available. If you are concerned about your student's mental health please reach out to the School's Social Worker Ms. Pellegrino at: spellegrino@rinimc.org. I have resources and information available. Please do not suffer in silence. If you are unsure or are having a hard time figuring out how to have difficult conversations with your student I can also give you some assistance with that. Do not hesitate to reach out for help.

Need Family Support During the Pandemic? Virtual Zoom Professional Development sessions offered by [The Bradley Learning Exchange](#) are available to parents to help navigate the COVID-19 environment. The free 40-60 minute sessions include topics such as: Working with Kids During the Challenging Pandemic, Self-Care for Parents, Support your Child to Engage in Distance Learning and Talking with Kids About Difficult Topics.

To schedule a professional development session please contact Alyssa at: aalba@lifespan.org

RINI Partners with The Inner You Counseling Center:

Supportive services are available for RINI students and families. Please reach out to the school social worker Ms. Pellegrino at: spellegrino@rinimc.org to access these supports, either online or in-person.

FROM THE NURSE'S OFFICE

RI is seeing our COVID numbers improving but don't relax your safety measures too quickly yet. Sign up for the vaccine when you are eligible, and continue with the 3 W's:

Wear a mask

Wash your hands

Watch your distance.

RI Department of Health Links

[COViD Vaccine Information](#)

[COVID Vaccine FAQs](#)

How do I register for a vaccine if I don't have a computer?

If you do not have access to a computer, you can call the automated phone line at **844-930-1779**. The phone line is available in English and Spanish. At this number, you will request a call back and someone will assist you with your vaccination appointment.

You can also call 2-1-1. At 2-1-1, a live, trained person can offer help scheduling appointments on VaccinateRI.org or signing up for the COVID-19 Vaccine Interest Notification List on portal.ri.gov. This help is available in multiple languages, is free to all Rhode Islanders, and is available 24 hours a day, seven days a week.

Friends or family can also help you make an appointment. A person may schedule and consent to vaccination, online or on the phone, for someone else with verbal approval.

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RINI students; keep up the great work!

Please contact Mrs. Wozniak at: awozniak@rinimc.org if you are interested in participating in community volunteer opportunities through the ZOOM platform to area residents in nursing facilities. Additional information can be found at: [RINI Workforce Development Office](#)

The 2021 Heart Walk is open! This year our walk will be a digital experience that joins our Southern New England and Southcoast Heart Walks. You can visit the registration page [HERE!](#) The experience will start in the beginning of May and will end with a virtual celebration on Sunday, June 6th on Facebook. Families are all welcome! This is a great way to get safely outdoors and start that healthy exercise we have been planning on all winter! Sign up now.

Get Healthy in 2021! Recruitment for New Mood and Weight group program (BALANCE) being offered for teens. BALANCE is a 16-week, 90-minute after school program that consists of mindfulness practice, CBT focusing on mood, nutrition, and health and brief mild-to-moderate physical activity. BALANCE is for teens ages 13-18 with depression who want to improve their mood while achieving a healthy weight. Most insurances accepted.

BALANCE program

BALANCE stands for **B**reathe, **A**ct,
Learn **A**bout **N**utrition, **C**ontrol, **E**xercise



BALANCE is for teens with depression who want to improve their mood while achieving a healthy weight.

The aim of BALANCE is to help young people and their families learn how thinking and feeling can affect everyday behaviors, and how movement and nutrition affect overall well-being.

BALANCE is a 16-week after-school program. The 90-minute weekly meetings consist of the following group activities:

- Extended mindfulness practice
- Cognitive behavioral therapy (CBT) focusing on mood, nutrition, and health
- Brief mild-to-moderate physical activity

Parents/guardians will participate in their own groups with a focus on supporting teens in achieving their goals. Emotion regulation, nutrition, movement, and mindfulness skills will also be introduced.

The group promotes connections with others and strategies for healthier eating and daily exercise, while encouraging activities geared toward enhancing mood and building self-confidence.

Who can attend?

If your teenager is 13 to 18 years old and interested in:

- Completing an initial evaluation to determine eligibility
- A pretreatment nutritional consultation with individual follow-up
- Group treatment with other teens
- Brief exercise sessions
- Losing weight

And has one caregiver willing to participate, they may be eligible for the BALANCE program.



Bradley Hospital
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Please call 401-432-1081 or visit

lifespan.org/centers-services/outpatient-group-therapy-programs-kids-teens-parents
for more information about BALANCE.

The Path to Healthy Eating: Free food distribution

Eat healthy this year. Starting from **Friday 2/5** and every Friday through **March 10am - 12pm** at the **Pell elementary school in Newport** free food will be distributed. It is open to all Rhode Islander. You just have to show up! The RI Food Bank is distributing at this site. Boxes include produce, meat and milk.

COMMUNITY UPDATES:

GRAB AND GO MEALS:

PROVIDENCE: Breakfast and lunch meals are now available to families with children ages 18 and under on Tuesdays and Fridays. Times for pick up are 2:30pm to 4:30 pm.

Here are the sites that are serving meals [Providence Grab and Go Sites](#)

RHODE ISLAND FOOD SITES: If your family lives in a location other than Providence, please click below for a list of food sites that serve your community:

[RI FOOD SITES](#)

COMMUNITY OPPORTUNITIES:

The WeR1 Fund is providing \$400 gift cards for Rhode Islanders who are not eligible for most federal relief programs due to their immigration status. The funds allow for purchase of groceries, gas, and other basic necessities. Those in need of assistance should visit [Dorcas International](#) to apply. Applications can also be found in [Spanish](#), [Portuguese](#), and [Haitian Creole](#).

Live, learn locally at the Providence Community Library!

- [Learn Italian - Beginner & Advanced Levels](#)
- [Learn Spanish in 2021 with PCL](#)
- [New ESL Classes](#)
- [Prepare for U.S. Citizenship with These Virtual Classes](#)
- [Tools for Healthy Living - A Virtual Series](#)

One Hour Resume Building Workshops, Thursdays

Email Krista at: kristavp@gmail.com to set up a one-on-one appointment for help with your resume. This workshop is online with Google Meet. If you need help using [Google meet](#), we will help you.

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is different! _____

*We Are Educating the Nurses of
Tomorrow, Today.*



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website: rinimc.org



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