Access Health Ct Extends 2021 Annual Open Enrollment Period Through January 15

Access Health Ct (AHCT) has announced an extension for the 2021 Annual Open Enrollment period until January 15, 2021 as a result of the current health crisis, providing more time for CT residents to get covered. If new customers sign up for health insurance plans through Access Health Ct from now until January 15, 2021, their coverage will start February 1, 2021.

In addition, Access Health Ct customers who enrolled in a plan for 2021 now have the option to keep it or find a new plan; however if they make a plan change during this extension period, the new plan will have a start date of February 1, 2021 and they must pay the January bill (premium) for the original plan. “We understand this year has been an extremely difficult year with the COVID-19 pandemic,” said Chief Executive Officer of AHCT, James Michel. “And we also know if 2020 has taught us anything, it’s the value of our health. There is plenty to think about before making a decision.”

Continued on page 4

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**Holiday Spirit Lights South Green**

As a United States Senator, Chris Murphy is one of the most powerful people in the country. But he’s now also a resident of Hartford’s South Green neighborhood. And to make this dark year a little brighter, he decided to launch a campaign to decorate Barnard Park (also known as South Green) with holiday lights. According to Murphy, “Hundreds of donors stepped up. Mayor Luke Bronin cut through the red tape. My team volunteered their free time. And this week, the lights went on.” The South Park Inn Shelter also assisted in the project. (Hart photo)

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**SMSA Clemente Commemoration Capstone Project Goes Virtual**

This will be the ninth year that the Sports and Medical Sciences Academy holds a Clemente Commemoration event. Dolan Cassone, Javier Custodio, Gabriel Custodio, and Michael Infante are the intrepid SMSA students who are working on this project for 2020. I asked the students why they thought SMSA students have chosen to honor Roberto Clemente for their Capstone experience. Michael Infante gave me two reasons: “To share Roberto Clemente’s legacy as a player but also for the work that he did to help others.” He also said that working with the Commemoration Committee was an asset. The mentoring, relationship, and community-building experience was shared by former students with incoming seniors.

But as we all know, holding a public event is not an option. Fortunately, they knew this at the beginning of the school year. The students made proposals to the Clemente Commemoration committee, comprised of Hartford area residents and SMSA teacher Alex Mercado. The proposal included a virtual event with some traditional elements such as the anthems of the United States and Puerto Rico. But it also allowed some new creative ideas. In the past, there was a featured speaker. This year many people have been invited to share their personal stories about Roberto Clemente. People of all ages, different geographies, and no longer is language a barrier due to the advantage of new technologies. So far the following people will share their thoughts: Victor Caratini, MLB Chicago Cubs Catcher, Luis Clemente, son of Roberto Clemente, Luis Miranda, Roberto

Continued on page 6

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**Parranda Caravan Saturday in Frog Hollow**

The popular band Promesa De Reyes la Familia Diaz-Santana will play on top of a float as it travels through the streets of Hartford’s Frog Hollow neighborhood this Saturday, December 19. El Parrandón de Hartford is scheduled to start at approximately 1:00 p.m. The event is being hosted by the Connecticut Institute for Community Development (CICD) Puerto Rican Parade, Inc. In past years, the organization has sponsored a traditional Holiday Parranda with strolling musicians and singers visiting shops and restaurants on Park Street. Due to the COVID-19 pandemic, that was not possible this year, but the CICD worked with Promesa De Reyes to develop this safe way to celebrate the holidays by singing along to the old songs familiar to the Puerto Rican community. Promesa De Reyes la Familia Diaz-Santana will also be playing for dinners at the Parkville Market, 1400 Park Street, Hartford from 4-8 pm on Saturday. All persons coming to dine at the market must wear a mask and social distancing regulations will be strictly enforced.

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**City of Hartford Toy Drive Distribution this Saturday**

There will be a drive-thru distribution of the toys to city youngsters on Saturday, December 19, from 11 am - 2 pm at Martin Luther King, Jr. School, 25 Ridgefield Street and The Learning Corridor, 15 Vernon Street. Toys will be given out on a first-come, first-serve basis. Parent or guardian must show proof of Hartford residence with a driver’s license, city or state ID or utility bill.

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**Free Food Distribution at Rentschler Field**

FoodShare of Greater Hartford is continuing its bi-weekly distribution of free food packages to those who have been economically impacted by the COVID-19 pandemic. Food distribution will be from 8:30 am - 12 noon at 25 Ridgefield Street and The Learning Corridor, 15 Vernon Street. Toys will be given out on a first-come, first-serve basis. Parent or guardian must show proof of Hartford residence with a driver’s license, city or state ID or utility bill.

Continued on page 7
Protest Against Police Betting Pool

Hartford activist Kamora Herrington speaks at a protest that was held on Saturday, December 12, at Hartford City Hall to express anger at a betting pool allegedly organized by a Hartford Police Detective, Jeffrey Placzek, inviting several of his fellow officers and two court officials to wager on the location of the city’s first homicide of next year. Placzek has been reassigned and faces demotion and a four-month unpaid suspension. 16 other members of the HPD detective unit are also being investigated for how they responded to Placzek’s original text. However, Herrington and other speakers stressed their belief that the “dead pool” was not an isolated incident but symbolic of the police department’s callous attitude toward city residents. They demanded that immediate and concrete measures must be taken by police and city officials designed to change those attitudes. On Monday, December 14, Hartford City Council voted 6-3 in favor of dismissing Placzek from the HPD. (Hart photo)

RACK ‘EM UP!
In the HPD “dead pool” scandal, only one officer is behind the 8-ball. Did he get a bad break?

COMMENTARY BY ANNIE GOSHDIgan

From thebilliardshop.com History of Pool and Billiards: “The word ‘pool’ means a collective bet, or ante. Many non-billiard games, such as poker, involve a pool but it was to pocket billiards that the name became attached. The term ‘poolroom’ now means a place where pool is played, but in the 19th century a poolroom was a betting parlor for horse racing. Pool tables were installed so patrons could pass time between races. The two became connected in the public mind, but the unsavory connotation of ‘poolroom’ came from the betting that took place there, not from billiards.”

Okay, I cried the above in order to explain the use of billiard jargon in the headline and subhead of this commentary. Now that’s out of the way and we can move on to a deeper analysis of why veteran Hartford Police Department Officer Jeffrey Placzek (holder of a clean record during his years with HPD) has become the sacrificial lamb for the truly unsavory and offensive attempt at setting up wagering on the date and location where Hartford’s first homicide of 2021 will take place. And now efforts are afoot to lead that lamb to the slaughter, as a sizable segment of the public, a majority of the City Council, and an incendiary editorial in the Hartford Courant are calling for Placzek’s termination from the force. But wait. What about the rest of the “flock” or, more important, what about the officers—the “sheep”—who are entrusted with maintaining order among their charges? Just to be clear, I’m in no way saying that a reprimand and some sensitivity training isn’t in order here. The fact is, if the dead pool invitation wasn’t sent out in an email, this incident would never have seen the light of day. Dumb move, Officer Placzek, because such pools have been around for longer than I’ve been alive, but they’re usually done among a small group of colleagues where one or even all of them draws up and holds onto a chart where the bettors fill in predictions. Sometimes instead of a wagering pool it’s just a topic discussed in the breakroom or off-duty at a bar. And it’s not confined to police. Oh, no. This “gallows humor” or “black humor” or whatever it’s called is endemic to pretty much all first-responder professions or those whose work is stress-laden and frequently involves getting up close and personal, often on a daily basis, with blood, gore, massive injuries, violence, death, and tragedy; firefighters, EMTs and ambulance personnel must be taken seriously.
The nominations are in, and entries for the Hartford News & Hartford Chamber of Commerce Holiday Decorating Contest will be judged this weekend. Winners will be announced in December, giving families a preliminary drive around the city, it’s become obvious to me that a lot of people have put loads of thought and effort into light- ing up this town.”

Martha Stewart I’m not.

Dear HPS policy makers,

A coalition of all presidents of HPS-related unions wrote a statement to the Superintendent of Schools expressing concerns for the safety and well-being of our school community. One of their demands in that statement was to meet with the superintendent collectively. This demand was made to optimize our ability to work together for the improvement of our instruct. Unprecedented actions for unprecedented measures.

The superintendent’s response was to set up individual meetings with each president. Why meet twelve times when you can meet once and get a comprehensive perspective on the needs of the frontline staff in all the schools?

Our communication needs major improvement. However, they receive no incentives, inadequate protective equipment, and lack of support from the district’s safety office. We collectively raise a grave concern for the safety of our entire community as the COVID-19 pandemic continues. We ask the BOE/Superintendent to stand ready, willing, and able to do our part, and we cannot do it alone.

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The nominating committee will be composed of union leaders and members from all schools. The nominations are in, and entries for the Hartford News & Hartford Chamber of Commerce Holiday Decorating Contest will be judged this weekend. Winners will be announced in December, giving families a preliminary drive around the city, it’s become obvious to me that a lot of people have put loads of thought and effort into lighting up this town.”

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Virtual streaming of events has opened up a world of wonder to many. The Wadsworth Atheneum Museum of Art, is streaming “Nutcracker Suite and Spicy” for the holiday season. Deborah Gaudet, Head of Events and Special Programs at the Wadsworth Atheneum Museum of Art, opens the video explaining that for the past 11 years, this innovative, diverse and modern version of the Nutcracker has been held every year in the AETNA theater. This year it is streaming for free until December 31, 2020.

This Nutcracker version is not your great-grandmother’s ballet. The original Nutcracker was staged in St. Petersburg, Russia, in 1890. This creation pays homage to the story of Clara, the Nutcracker Prince, Herr Drosselmeyer, the Mouse King, and all the Sweets and Treats, but with a clever twist. It is choreographed and directed by Carolyn Paine and performed by CONNetic Dance.

The music ranges from the classical score by Tchaikovsky to more modern music interpretations, which are variations on his themes. “The Nutcracker Overture by Duke Ellington” opens with a tap-dance street scene. The Victorian Christmas Party is replaced by a modern Ugly Sweater Party with modern music like “Nutcracker Rock by Oasis Grand” and “Hey there Drosselmeyer” by N2K Nutcracker, and features a great jitterbug ensemble number. Some of the other music that is featured is “Sugar Rum Cherry” by Duke Ellington, “Nutcracker Spanish” by the Invisible Czars, and the “Russian Flowers Dance” by DJ Herax.

There are some standout performances that go beyond the classical ballet which is also featured, including the hip-hop street battle between the Mouse King and the Soldiers, the breakdancing and aerobatics of Drosselmeyer and the Doll, and one no child should miss—Lucie the Dancing Labradoodle. This is a holiday favorite that should be experienced for its wide variety of music traditions and dance styles.

Curtain going up at: https://vimeo.com/490257596?fbclid=IwAR163pppn2ZrXLsS54OfTWG1bRfjBBNP-KvbY16hlb3SVoFyyVEIOdDyI0

Access Health Extends Deadline
Continued from page 1
when choosing a health insurance plan and we want to make sure our customers are able to pick the best plan for themselves and their families. We hope this extension provides extra time allows Connecticut residents to make sure they picked a quality, health insurance plan that fits their needs and gives them the best value in 2021.”

Keila Sanchez, CRT Access Health Navigator, at the organization’s In-person Enrollment Center at 330 Market Street, just north of Downtown Hartford. (Hart photo)

Keila Sanchez, CRT Access Health Navigator, at the organization’s In-person Enrollment Center at 330 Market Street, just north of Downtown Hartford. (Hart photo)
Library Announces 2021 Baby Grand Jazz Line-up

Hartford Public Library has announced the musicians who will perform for its 2021 Baby Grand Jazz (BGJ) series, made possible by the Kaman Foundation. Due to the current pandemic, the concerts will be only be available online.

BGJ concerts will run every Sunday from January 3 through April 25, 2021 at 3 pm and can be enjoyed online on either HPL’s Facebook (facebook.com/HartfordPublicLibrary) or YouTube (www.youtube.com/user/HPLCT) pages.

The series continues to be one of the library’s most popular offerings, with thousands of people watching virtually during the truncated 2020 season.

“There’s nothing like live music. While we are all still staying safe, we’re continuing to bring Baby Grand Jazz to you live on Sundays! Cozy up this winter at home and tune in to hear some of our favorite Hartford area musicians, as well as some fresh talent from the region,” said Liz Castle, HPL’s programming manager.

This season the library is offering a wide array of jazz expression. From covers to jazz classics to innovative fusions of styles and instrumentation, the Baby Grand Jazz series has something for everyone.

BGJ 2021 Schedule
• January 3 – Ken Serio Trio
• January 10 – June Bisantz & Alex Nakhmovisky
• January 17 – Anton Kot Trio
• January 24 – Andrew Wilcox Sextet
• January 31 – CBG and the Hartford Sound
• February 7 – Medusa
• February 14 – The John Kordaleski Trio
• February 21 – Chani Surf and Friends
• February 28 – Big Read kickoff
• March 7 – HGTS
• March 14 – Kyoko Oyobe
• March 21 – Jimmy Gavagan Trio
• March 28 – New England Jazz Ensemble
• April 4 – EASTER (No concert)
• April 11 – Jonathan Barber and Vision Ahead
• April 18 – People of Goodwill
• April 25 – Nelson Bello

For more information about the series, visit https://www.hplct.org/classes-seminars-exhibits/baby-grand-jazz.

MARG Board of Directors Meeting

The Maple Avenue Revitalization Group (MARG) couldn’t have its annual Holiday Meet and Greet this year due to the pandemic. But the organization’s Board of Directors got together on Thursday, December 10 to discuss plans for next year. Shown above are Patricia Knapp, Raquel Calderon, Wendy Pawlak, Victor Blanco, MARG President Hyacinth Yennie, Beverly Thompson, Claudette Worth, Carol Clark, Anna Cieri, Bill Ericson, Maxine Henry, Andrene Bent-Jarvis and Beryl Tomlinson. An award was also presented to Calderon for community service. (Hart photo)
In Memory of Angela DiBacco
Continued from page 3
a son-in-law, Joseph Edward Beaudry III. All of them added a little something extra to her life and were a great help to Angelina in her later years when she needed them most. Finally, in 2000, Angelina's heart expanded exponentially when she made the transition from mother to Nonna. Her first beautiful grandchild, Gabriella Adeline DiBacco was born. Her heart grew even more when welcoming Luca Mario DiBacco, her second grandson, in 2006. In 2008, Angelina was the first at the hospital when her daughter brought in Angelina's next grandchild, Joseph DiBacco. In 2010, Mario Antonio Beaudry, her third great-grandson, was welcomed into this world. "Nonna" was the sweetest word to her ears. Angelina, lastly, never stop smiling when they were around. "Nonna" was the sweetest sound to her ears. Angelina, lastly, worked part-time in the Connecticut Children's Medical Center kitchen for several years while also managing DiBacco's Market. She loved bringing spaghetti and smiles to the sick children or giving hugs if they needed encouragement. Angelina was an active member of the Pratoiana Mutual Benefit Society and made hundreds of pizzelles for their annual Madonna Della Libera Festival. She was also an active member of the Daughters of Canicattini Bagni, the Italian American Ladies Society, the Mount Carmel Saint Christina Society and an honorary member of several other local Italian clubs. There's an ancient Roman expression: "Si vuoi essere amato, sii amabile" ("if you wish to be loved, be lovable"). Angelina loved people and she loved life. She loved being a wife. She loved being a mother. She loved being a grandmother. She loved laughing with her family and friends with all her heart and soul. Her love was so radiant, that it illuminated the best in the people around her. She was our North Star, always pointing us, her family, in the right direction. She is now our Angel Star and we will miss her forever. A Mass of Christian Burial will be held on Tuesday, December 15, 2020 at 11 a.m. at María Reina De La Paz Church (St. Lawrence Catholic Church), 494 New Britain Avenue, Hartford. Attendance in church is limited, masks and social distancing required. Burial will be private. The D'Esopo Funeral Chapel of Wethersfield has been entrusted by the family with the arrangements. Memorial donations in Angelina's name may be made to the Connecticut Children's Medical Center.

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Anne Goshidian Commentary
Continued from page 2
lance personnel, ER staff, and medical professionals. Does this mean those people lack compassion, are racist, cruel, or just plain stupid, and are unaccountable for the work they do? No, it just means they’re human. This humor which most of us use as an un-concealed is for them a coping mechanism to counteract the ever-present nightmares and the PTSD that goes with that turf, a valve to relieve the pressure. And in the very challenging and dysfunctional Hartford school system, I wouldn’t be a bit surprised if educators on the front lines do their share of “spin-prototype” jokes among themselves for similar reasons.

Back to the list. Did Placzek take it upon himself to act alone as the perpetrator of the pool? Maybe not. If it is indeed a longstanding part of the HPD culture as some have attributed, then it’s also likely that one or more of his superior officers gave it their tacit nod. A couple—notably Ciccio and Medina—have received a slap on the wrist but haven’t been targeted for dismissal from the force. Both have been put to easier actions resembling those of bumbling Keystone Kops during this year’s “Thordigate”. How about those sheepdogs? Chief Thody himself looks the fool—and a hypocrite—for his pious remarks to the media saying in effect that he’s shocked—shocked—that one or more of his superior officers have committed acts resembling those of bumbling Keystone Kops. An expose of the perpetrator of the pool? Maybe. It’s far too much to ask...there is nothing to be gained by publicly naming names.

SMSA Clemente Commemoration
Continued from page 1
Cassone’s efforts will be as the centerpiece of the ceremony. The other students will be pitching in, too. It will truly be an嵌入 on the 31st in the late morning after that, either by way of bumbling Keystone Kops or some “spin-prototype” jokes among themselves.

State Representative for Waterbury, SMSA student Michael Infante’s role was to come up with questions for the speakers, feeling that otherwise they might focus solely on Clemente’s legacy as a baseball player. Every year there is a student competition on some kind, such as an essay or an artistic representation of Clemente’s legacy. SMSA students Gabriel Custodio’s role is to develop and execute the student competition. This is proving to be very challenging due to the pandemic. SMSA student Darian Casseus’s efforts will be as the grand wizard of editing the videos sent by the speakers, singers, and actors. Hartford Public Library’s Young Media Lab will be uploading with the film. It will truly be an embed on the 31st in the late morning after that, either by way of bumbling Keystone Kops or some “spin-prototype” jokes among themselves.
Volunteer Opportunities Available at Hands On Hartford

Hands On Hartford located at 55 Bartholomew Avenue, Hartford is seeking volunteers for several upcoming activities.

Christmas Day and New Years Day Meals: Seeking volunteers help to clean and sanitize tables and chairs, assist with set up and break down, and serve meals (in take-out containers), among other tasks to ensure that the meals run smoothly. The time commitment is approximately from 9:30am-2:30pm.

Snack Bags: Looking for two groups of about 5 volunteers to make snack bags for our Christmas and New Years meals. The first date is December 21st from 3-5pm and the second date is December 28th from 3-5pm.

For more information, call Hands On Hartford at (860) 728-3101.

GOVERNORS ALL OUR PRAYERS

If anyone needs prayer call me at 860-561-4884 for more information. People can pray 24/7 but if you don’t obey God’s law God won’t answer our prayers. I learned the Ten Commandments when I was a child in Italy and obeyed them. God answers all our prayers “if we obey His law, and Jesus’s teachings.” Give it a try. Sins are one of the causes of fear, stress and sickness.

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I’ll take you to the dealer-only auction, you pack out the car you like. I’ll buy it and sell it to you at a modest mark-up. You are great cars starting at $1,000. Auction every week. Call Sal 860-713-6438.

GOD ANSWERS ALL OUR PRAYERS

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Inseguridad alimentaria continúa aumentando en Connecticut

Muchas familias en todo Connecticut y el país están lidiando con la inseguridad alimentaria y los centros de distribución de alimentos están trabajando arduamente para satisfacer la demanda sin precedentes.

Foodshare ha mantenido su despensa de alimentos para autoservicio en Rentschler Field en East Hartford en funcionamiento desde que comenzó la pandemia. Reparten comidas a unos 2,000 automóviles todos los días.

En este momento, Foodshare necesita voluntarios y donaciones monetarias. Pueden comprar alimentos a una tarifa con descuento para que su dinero llegue más lejos cuando done efectivo en lugar de latas. Varias veces a la semana, el estacionamiento en Rentschler Field cobra vida con camiones llenos de alimentos que se entregan al medio. Hay una campaña de recolección de alimentos para autoservicio en Rentschler Field en East Hartford en funcionamiento que es uno de cada cuatro niños.

El presidente de Foodshare dijo que no hubo un aumento del 28% en la inseguridad alimentaria desde el comienzo de la pandemia. En este momento, Foodshare necesita voluntarios y donaciones monetarias. Según Feeding America, casi 50 millones de estadounidenses enfrentarán inseguridad alimentaria este año. Caritas ha habido un aumento del 28% en la inseguridad alimentaria desde el comienzo de la pandemia.

Connecticut Feeding America estima que hay alrededor de 545,000 personas en el estado que padecen inseguridad alimentaria, que es uno de cada cuatro niños. Los beneficios de este año y comienzo de año han habido un aumento del 28% en la inseguridad alimentaria desde el comienzo de la pandemia. El estado que padecen inseguridad alimentaria.

La ansiedad, la depresión y la deserción de los alumnos en las clases virtuales a causa de la pandemia de coronavirus tiene preocupaciones con padres y maestros. Es por eso que la psicóloga Karen Dyhrer Madero y la directora escolar Mayra Lozano platicaron y ensalzaron las señales de la ansiedad escolar que pueden identificar en su hijo y compartir algunos consejos para tratarla.

"La depresión y ansiedad se manifiestan de formas variadas. Esto incluye irritabilidad y tristeza, pérdida de interés en las cosas que antes le gustaban, aislamiento social, sintiéndose sin esperanza, cambios en los patrones del sueño o apetito, pesadillas, dolor de estómago, dolor de cabeza y declaraciones a la muerte o miedo a ella", explicó Dyhrer. Sin embargo, la experta destaca que estos sentimientos o comportamientos pueden suceder ocasionalmente, "pero es cuando continúan por más de 10 días seguidos que tenemos que considerar el diagnóstico de depresión y ansiedad".

1. Crea una rutina familiar para aprovechar al máximo las clases: esto ayuda a darle una estructura para que sienta que el colegio es una actividad importante y específica, "es decir, desde cambiarse, tomar el desayuno, sentarse en el lugar designado para los estudios, la regularidad de los horarios", etcétera.

2. Promueve las conexiones sociales: según la especialista, tanto los padres como los maestros tienen que encontrar la forma de promoverlas de manera diaria porque el acompañamiento de los compañeros "es algo importantísimo para mantener la motivación y para que los chicos no sientan tan aislados con su enseñanza". Esto puede incluir tener un amigo o amiga con quien hace las tareas, o teniendo proyectos en grupo o simplemente teniendo breaks durante sus clases, indicó.

3. Conoce cuáles son los objetivos de la materia que está cursando tu hijo: de esta forma, puedes hablar de ellos con él para que no se sienta tan aislado de lo que está aprendiendo. También es importante que tu hijo tenga objetivos escolares, es decir, lo que él quiere aprender durante el curso y qué es lo que quiere lograr. "Por otro lado, tomando respiros o pausas durante el día también va a ser necesario para que los hijos se puedan desenchufar un poquita del colegio para lograr un balance", recalcó la psicóloga.

Mientras que la directora del colegio ‘Hawaiian Elementary’, Mayra Lozano, resaltó la importancia de hablar sobre la salud mental para que los niños aprendan desde pequeños a reconocer sus sentimientos.

"En realidad es muy importante que se tenga la comunicación sobre la salud mental para que los niños aprendan desde pequeños a reconocer sus sentimientos. Es algo importantísimo para mantener la salud mental para que los niños aprendan desde pequeños a reconocer sus diferentes sentimientos y también que aprendan las estrategias que son necesarias para responder de una manera más apropiada", aseguró.

By Iris Rodriguez

La ansiedad, la depresión y la deserción de los alumnos en las clases virtuales a causa de la pandemia de coronavirus tiene preocupaciones con padres y maestros. Es por eso que la psicóloga Karen Dyhrer Madero y la directora escolar Mayra Lozano platicaron y ensalzaron las señales de la ansiedad escolar que pueden identificar en su hijo y compartir algunos consejos para tratarla.

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3. Conoce cuáles son los objetivos de la materia que está cursando tu hijo: de esta forma, puedes hablar de ellos con él para que no se sienta tan aislado de lo que está aprendiendo. También es importante que tu hijo tenga objetivos escolares, es decir, lo que él quiere aprender durante el curso y qué es lo que quiere lograr. "Por otro lado, tomando respiros o pausas durante el día también va a ser necesario para que los hijos se puedan desenchufar un poquita del colegio para lograr un balance", recalcó la psicóloga.

Mientras que la directora del colegio ‘Hawaiian Elementary’, Mayra Lozano, resaltó la importancia de hablar sobre la salud mental para que los niños aprendan desde pequeños a reconocer sus sentimientos.

"En realidad es muy importante que se tenga la comunicación sobre la salud mental para que los niños aprendan desde pequeños a reconocer sus sentimientos. Es algo importantísimo para mantener la salud mental para que los niños aprendan desde pequeños a reconocer sus diferentes sentimientos y también que aprendan las estrategias que son necesarias para responder de una manera más apropiada", aseguró.

By Iris Rodriguez

La ansiedad, la depresión y la deserción de los alumnos en las clases virtuales a causa de la pandemia de coronavirus tiene preocupaciones con padres y maestros. Es por eso que la psicóloga Karen Dyhrer Madero y la directora escolar Mayra Lozano platicaron y ensalzaron las señales de la ansiedad escolar que pueden identificar en su hijo y compartir algunos consejos para tratarla.

"La depresión y ansiedad se manifiestan de formas variadas. Esto incluye irritabilidad y tristeza, pérdida de interés en las cosas que antes le gustaban, aislamiento social, sintiéndose sin esperanza, cambios en los patrones del sueño o apetito, pesadillas, dolor de estómago, dolor de cabeza y declaraciones a la muerte o miedo a ella", explicó Dyhrer. Sin embargo, la experta destaca que estos sentimientos o comportamientos pueden suceder ocasionalmente, "pero es cuando continúan por más de 10 días seguidos que tenemos que considerar el diagnóstico de depresión y ansiedad".

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