

# Rosemead School District SEL Newsletter



April  
2025



Greetings, Rosemead Family! I hope you had a marvelous March and are ready to have an awesome April! April is the perfect time to focus on growth—both in nature and in ourselves! This month, our SEL theme is Growth Mindset, which means believing that we can get better at anything with practice, effort, and learning from our mistakes. Instead of saying, "I can't do this," we can say, "I can't do this **yet!**" Remember, no matter what we are learning or practicing, we all have to start somewhere! At some point, your favorite author didn't know their letters, your favorite soccer player couldn't kick a ball more than a few feet, and your favorite music artist didn't know a single note! But they all kept practicing! April is also a time for new beginnings. Spring brings blooming flowers, Earth Day reminds us to take care of our planet, and Stress Awareness Month encourages us to take deep breaths and practice self-care. It's a great time to try something new, set goals, and remember that even small steps can lead to big progress. Let's work together to make this month one of learning, trying, and growing!

Sincerely,

Your Rosemead School Psychologists

Habit of the  
Month

## Growth Mindset



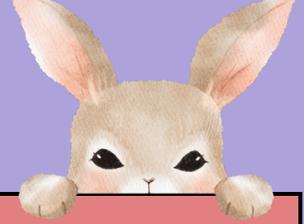
What is a "growth mindset"?

A growth mindset is the belief that we can get better at anything with effort, practice, and a positive attitude! Instead of thinking, "I'm just not good at this," a growth mindset helps us say, "I can't do this yet, but I can learn!"

When we face challenges, make mistakes, or feel stuck, having a growth mindset reminds us that our brains are like muscles—they grow stronger when we use them. So whether it's learning a new skill, solving a tough problem, or trying something outside our comfort zone, every step forward is progress!

### How can we practice having a growth mindset?

- Use the Power of "Yet" — Instead of saying, "I can't do this," try saying, "I can't do this yet!" This little word reminds us that learning takes time, and we can always improve with practice.
- Turn Mistakes into Learning Moments — Mistakes aren't failures—they're steps toward success! When something doesn't go right, ask yourself, "What can I learn from this?"
- Celebrate Effort, Not Just Results — Instead of focusing only on getting the right answer or winning, celebrate how hard you tried. Effort and persistence help our brains grow!
- Try New Challenges — Step outside your comfort zone and try something new, even if it feels tricky at first. Learning happens when we challenge ourselves!
- Encourage Yourself and Others — Be kind to yourself! Instead of saying, "This is too hard," try, "This may take time, but I can do it!" And remember to cheer on your friends, too!
- Keep Going, Even When It's Tough — Learning new things can feel frustrating, but don't give up! Take a deep breath, ask for help, and remind yourself that every step forward is progress.



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>4/1</b> Let's learn more about our habit of the month! Let's hear more about what growth mindset is and how we can practice it!</p>  	<p><b>4/2</b> Use some positive self-talk with this activity that reminds us that WE CAN DO ANYTHING!</p> <p><i>Stronger THAN Yesterday</i></p> 	<p><b>4/3</b> It's Thoughtful Thursday! Share with someone you care about; What's something you're good at? Were you good right away or did you have to practice?</p>	<p><b>4/4</b> It's Fun Friday! Giving someone flowers is a great way to show someone we care! Learn to make your own flowers to give to someone</p> 
<p><b>4/7</b> It's Mindfulness Monday! Practice staying positive while you learn new skills with this mindfulness meditation!</p>  	<p><b>4/8</b> Let's learn more about growth mindset! What have you been practicing lately?</p>  	<p><b>4/9</b> It's Wellness Wednesday! Have you ever done a cartwheel? Use what you learned about growth mindset to learn!</p>  	<p><b>4/10</b> It's National Erase Self-Negativity Day! Use what we know about positive self-talk to get rid of negativity that might come when learning something new!</p> 	<p><b>4/11</b> It's National Pet Day! Do you have a pet? Watch this video to learn about how pets help with mental health and brighten your day!</p>  
<p><b>4/14</b> It's National Gardening Day! Did you know gardening can improve your mental health? Find out how!</p>  	<p><b>4/15</b> Dojo has more to teach us about growth mindset! How have you been practicing this habit so far this month?</p>  	<p><b>4/16</b> It's Wellness Wednesday! Last year, our feeling of the month for April was stress! Let's check in on our stress by reminding ourselves about our circle of control!</p> 	<p><b>4/17</b> It's National High Five Day! Did you know that high fives can help you feel more connected to others? Learn more with this video and high five somebody today!</p>  	<p><b>4/18</b> It's Fun Friday! Let's get creative this weekend! Try this fun and super easy tie-dye butterfly craft with your family!</p>  

Monday

Tuesday

Wednesday

Thursday

Friday

4/21-4/25

# Spring Break



4/28

It's Mindfulness Monday! Try some Rainbow Relaxation to get your week started with a great mood!



4/29

Let's keep learning about growth mindset with our friend Dojo! Here are the last two videos in Dojo's series about growth mindset!



4/30

It's National Adopt a Shelter Pet Day! Did you know that pets can help reduce stress? Watch these videos to learn more!



# SEE YOU SOON





# Stress Awareness Month

Take care of yourself.

April is Stress Awareness Month—a reminder to prioritize mental well-being. With academic and daily demands, both students and staff should take intentional moments to reset, breathe, and practice mindfulness. Taking small breaks makes a big difference. Step outside, take deep breaths, or do a quick mindfulness exercise—your well-being matters!

## Stress Management Tips for Families

- Create a Relaxing Home Environment — Consider keeping spaces organized, incorporating soft lighting, or playing calming music to promote a peaceful atmosphere.
- Prioritize Family Time — Set aside time for activities like game nights, walks, or cooking together to strengthen connections and reduce stress.
- Encourage Open Conversations — Check in regularly with family members about their feelings and challenges, offering support and reassurance.
- Set Healthy Boundaries with Technology — Establish screen-free times, especially during meals and before bed, to encourage mindfulness and relaxation.
- Model Healthy Coping Strategies — Show your children positive ways to manage stress, such as exercising, journaling, or practicing gratitude

## Stress Management Tips for Students

- Take Brain Breaks — Step away from studying every 30–45 minutes to refresh your mind and improve focus.
- Get Moving — Physical activity, even a short walk or stretching, can help release tension and boost mood.
- Practice Deep Breathing — Try inhaling for four counts, holding for four, and exhaling for four to reduce stress instantly.
- Stay Organized — Use a planner or to-do list to manage assignments and prevent last-minute panic.
- Limit Social Media & Screen Time — Taking breaks from screens can help reduce anxiety and improve overall well-being.

If stress ever feels overwhelming, support is available 24/7/365:

 Care Solace: 888-515-0595 (Multilingual support available)

 [www.caresolace.com/rosemead](http://www.caresolace.com/rosemead)

 Take time for yourself, practice mindfulness, and thrive.

