



# Rosemead School District SEL Newsletter



**December  
2024**



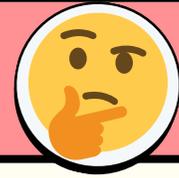
Greetings, Rosemead Family! I hope you had a notable November and are ready to have a dazzling December! This time of year is filled with holiday festivities and moments spent with loved ones. As we approach the end of 2024, it's a great opportunity to reflect on the growth we've experienced and the challenges we've overcome throughout the year. As you gather with family this holiday season, take a moment to share both the highlights and challenges of your year over a warm cup of hot chocolate. Remember, just like we discussed in last year's SEL newsletter, sharing those less-than-happy holiday feelings doesn't make you a Grinch—it can actually encourage others to open up as well. We hope you enjoy the content in this newsletter and find time to create special memories with those you love as we continue to learn, reflect, and grow together.



Sincerely,  
Your Rosemead School Psychologists

**Habit of the  
Month**

## Reflection



**What does it mean to “reflect”?**  
 Reflecting means taking a little time to think about something that has happened or how you're feeling. It's like looking in a mirror, but instead of seeing your face, you see your thoughts, actions, and emotions. Reflecting helps us understand what went well, what we could do differently, and how we can grow. It's a great way to learn about ourselves and make good choices for the future!

**Why is it important to reflect?**  
 Reflecting helps us understand what went well, what we could do differently, and how we can grow. It's a great way to learn about ourselves and make good choices for the future!

**How can I practice being reflective?**

- Tell someone about the “highlights” (good parts) and “lowlights” (not so good parts) about your day!
- Write about your day in a reflection journal!
- After finishing something, ask yourself: “What did I do well? What can I do better next time?”
- If you notice your emotions are taking control, take a break to stop and think about why you're feeling that way.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>12/2 <b>Mindfulness Monday!</b> Practice deep breathing in a delicious way! Click this video to learn about Hot Chocolate Breathing!</p>  	<p>12/3 Let's learn more about our Habit of the Month: Reflection! Reflect with a cute dog about your day or learn more about what it means to reflect</p>  	<p>12/4 <b>It's Wellness Wednesday!</b> Take a moment to reflect about the choices we make every day and how they can make our bodies as healthy as our brains! How many of these choices did you make today?</p> 	<p>12/5 <b>It's Thankful Thursday!</b> Let's practice our reflecting skills by thinking about something somebody did for you yesterday and find a way to thank them for it!</p> 	<p>12/6 <b>Fun Friday!</b> Plan a family game night this weekend to talk about holiday plans! Holidays can be fun but stressful, and things are less stressful when we know what's coming! Reflect together on how the holidays make you feel!</p>
<p>12/9 <b>Mindfulness Monday!</b> Try this "snowball breathing" activity to have one of the calmest snowball fights ever!</p>  	<p>12/10 <b>Self-Reflection is a powerful tool!</b> When the world gets confusing and our emotions get tested, reflecting helps remind us of what we are in control of!</p>  	<p>12/11 <b>Wellness Wednesday!</b> <b>It's National Stretching Day!</b> Stretching helps our bodies AND our brains feel relaxed! Let's practice with this video!</p>  	<p>12/12 <b>Thankful Thursday!</b> Sing a silly song about something you're thankful for! Use this video for inspiration!</p>  	<p>12/13 <b>Fun Friday! It's National Cocoa Day!</b> Woohoo! Hot Cocoa is one of my favorite December treats! Let's celebrate with a song! Try making your own hot cocoa bomb this weekend with your family!</p>   



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

12/16

**Mindfulness Monday!**

Let's practice our habit of the month with a Moment to Reflect!



The **MORE** you **REFLECT** the **MORE** you **LEARN**

12/17

We've learned so much about reflecting and "looking inwards" this month! Let's wrap it up with a couple more videos full of useful information and tips!



12/18

**Wellness Wednesday!**  
Lots of us think of the holiday season as a generally happy time, but there are also lots of things that can cause us stress! Prioritize your mental health and remind others of how important it is during this season. Mental health is like a gift that you can both keep and keep regifting to others!



12/19

**Thankful Thursday!**  
It's hard to appreciate all the gifts we already have when we focus on what we want this year! Try to think of a gift you got last year or even earlier this year that you still use and appreciate. Then, write a thank you letter to the person who gave you that gift!



12/20

**Fun Friday!**

On this last day before break, we want all of our SEL superstars to know that we notice your kindness and effort! Watch this video and think about kindness is rewarded, even when it feels like nobody is noticing! There is so much more growing to do, and 2025 is going to be so much fun!



12/23-12/31

HAPPY **Holidays!**





# We wish you a stress-free holiday season!

care solace

The holidays are upon us—a time for joy, connection, and creating meaningful memories with loved ones. It's also a season that can bring its own pressures, like planning visits, managing gift budgets, and organizing events. With everything on your plate, it's easy to feel overwhelmed.

While traditions and celebrations are meaningful, it's just as important to care for your mental well-being. National Stress-Free Family Holidays Month reminds us to be mindful of stress and take steps toward self-care. Here are a few tips to help make your holidays more manageable and joyful:

- Modify traditions if needed. It's okay to adjust traditions if they feel overwhelming. Your mental health takes priority.
- Learn the power of saying "no." If a commitment feels too much, give yourself permission to decline.
- Plan ahead. Use a calendar to stay organized and avoid last-minute tasks that can create unnecessary stress.
- Share your feelings. Talk to someone you trust if you're feeling anxious or missing a loved one. You are not alone.
- Take time for self-care. Make sure to rest and recharge, even as you care for others.

If you'd like professional support, Care Solace is available to help connect you or your loved ones to mental health services. This is a complimentary, confidential service provided by Rosemead School District.

Access Support:

- Call: 888-515-0595 (Multilingual support 24/7/365)
- Visit: [www.caresolace.com/rosemead](http://www.caresolace.com/rosemead) Search for a provider or click "Book Appointment" for assistance via video chat, phone, or email.

For immediate support:

- Call 911 and request a Crisis Intervention Trained (C.I.T.) response.
- Text "Hello" or "Home" to 741741 to connect with a crisis counselor.
- Call or chat with the Suicide & Crisis Lifeline at 988; [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- Trevor Lifeline (LGBTQ+ support): [www.thetrevorproject.org/get-help](http://www.thetrevorproject.org/get-help)

Wishing you a peaceful and stress-free holiday season filled with joy and meaningful moments.