

Rosemead School District SEL Newsletter



January 2024



Greetings, Rosemead Family! I hope you had a delightful December and are ready to have a joyous January! This is a reflective time as we look back at all the hard work and memories created in 2023, and an exciting time as we anticipate accomplishing our plans and creating new memories in 2024. The start of January can bring a sense of renewal and a motivation to better oneself. This is a perfect chance to practice setting clear, achievable goals and making a plan to achieve them. This is a skill that will benefit our students for the rest of their lives! At the same time, it's a great chance to let our students reflect on the skills they do have. This is a chance for us to be intentional with our reflection and use it to our student's advantage. If we're having trouble with long division, let's remember the time we struggled with our multiplication facts and how we've progressed since then! Our theme for this month is excitement, as we're excited to see all the new heights our students can and will reach as we continue to foster self-esteem, confidence, and self-discovery.

Sincerely,

Your Rosemead School Psychologists



Feeling of the Month



Body Signals

- Big, uncontrollable smile!
- Feeling "bouncy"! We feel like jumping up and down and clapping our hands.
- Quick, fluttery breaths.
- Talking quickly and sometimes loudly

Excitement

What makes us excited?

- We get excited when we are looking forward to something we really enjoy like a field trip or a birthday party!
- We get excited when others around us are excited, like a crowd watching their favorite sports team!
- We might also get excited when we hear good news, like we find out we passed the test we studied hard for!

Can we ever be TOO excited?

- Like with some negative feelings, there's nothing "wrong" with feeling **too** excited, but we can learn to control it if we have to! Keep reading to find out how!

What might help with this feeling?

- If you're in a situation where you may need to hold in your excitement, try deep breathing or expressing your excitement through writing!
- If you're in a place where you may not need to control your excitement, express it freely! Run, jump, dance, laugh, shout! These are natural things to do when something excites you!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1/1</p>	<p>1/2</p>	<p>1/3</p> <p>Break!</p>	<p>1/4</p>	<p>1/5</p>
<p>1/8</p>	<p>1/9</p> <p>It's our first day back from break! Hopefully you feel rested and refreshed! Having a tough time getting used to being at school this week? You're not alone! Watch this video on tips for you and your family!</p>	<p>1/10</p> <p>Wellness Wednesday! It's National Houseplant Appreciation day! Plants help make the oxygen that your brain needs and might even make the space around you seem more peaceful! Watch this video to find out more!</p>	<p>1/11</p> <p>Goals are a big deal in the month of January, because we start thinking of all the great things we want to learn and do this year! Use this video as a guide on how to make your goals SMART!</p>	<p>1/12</p> <p>Fun Friday! Let's get EXCITED about our feeling of the month! Talk or write about a time when you felt as excited as the kid in this video!</p>
<p>1/15</p>	<p>1/16</p> <p>Yesterday, we celebrated Martin Luther King Jr. Day. Watch this video and then talk about you can use your dreams to make your world a better place!</p>	<p>1/17</p> <p>Wellness Wednesday! Lots of people made it a goal to be healthier at the beginning of this month! What was your New Years Resolution? Have you stuck to it so far?</p>	<p>1/18</p> <p>Thankful Thursday! People set goals in January to become the best version of themselves! It's also important to think about the progress we made in 2023! Write or talk about what you're most proud of doing last year!</p>	<p>1/19</p> <p>Fun Friday! It's National Popcorn Day! What better way to enjoy popcorn than by pairing it with a family movie night? Can't hold your excitement and feel like you might POP? Learn about the history of popcorn!</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1/22</p> <p>Mindfulness Monday!</p> <p>This is our first Mindfulness Monday in a while! Let's get Back on Track with this fun mindfulness activity!</p> 	<p>1/23</p> <p>Too Excited Tuesday!</p> <p>Ever felt TOO much of our feeling of the month; excitement?! ME TOO!!!</p> <p>Thankfully, The Mooderators are here to help us with some tips for staying focused when we need to be!</p>	<p>1/24</p> <p>Wellness Wednesday!</p> <p>Hopefully everyone is staying on track with their health goals for 2024! Let's get a workout in this Wellness Wednesday to remind ourselves how good it feels to get our bodies moving!</p>	<p>1/25</p> <p>It's National Compliment Day!</p> <p>Watch one of these videos to learn about the power of compliments! Then, take a sticky note and share a compliment with someone who is important to you!</p>	<p>1/26</p> <p>Fun Friday!</p> <p>Music is a great, fun way to get and stay excited! Everyone has that one song that gets them pumped up and ready to take on the world! What's yours? Can't think of one? Use this playlist to find a new favorite!</p>
<p>1/29</p> <p>Mindfulness Monday!</p> <p>You might have a lot of emotions and thoughts swirling around your brain this Monday. Use this mindfulness video to get ready for this week! Enjoy the glitter jar in the video? Click on the 2nd link to learn how to make your own!</p>	<p>1/30</p> <p>Nervous and Excited may seem like opposite feelings. However, these two feelings are actually more alike than you think! In fact, you might feel both excited and nervous about the same things! For example, have you ever been excited about going to a party but nervous about meeting new people? Talk or write about a time you've felt this way!</p>	<p>1/31</p> <p>Wellness Wednesday!</p> <p>It's important to remember that being healthy is all about the right habits! Big goals to stay healthy won't last long without small things that we get in the habit of doing every day!</p>	<p>See you in FEBRUARY!</p> 	



Happy New Year!

This is the beginning of anything you want.



Happy 2024 to everyone all of our Rosemead Family! We look forward to a successful year. This year, we encourage you to show self-compassion as you think of your New Year's Resolutions. When we show compassion for ourselves, we allow space for changes, mistakes, or missteps and we open ourselves up to future possibilities. Showing self-compassion is a healthy way to start a successful and happy 2024.

We also encourage you to reflect on this past year. How have you changed from the beginning of 2023 to now? What did you enjoy about 2023? [Click here](#) for some great questions to ask yourself as you reflect.

Often, we need to lean on others to help us with our goals and aspirations.

If you need mental health or substance use support, Care Solace is a complimentary and confidential care coordination service that can help you quickly find treatment options matched to your needs, regardless of circumstance.

Rosemead School District partnered with Care Solace to support the well-being of students and their family members.

If you or a family member are looking for help and would like to use Care Solace to find a provider:

- Call 888-515-0595. Multilingual support is available 24/7/365.
- Visit caresolace.com/rosemead and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.

