

Rosemead School District SEL Newsletter



March 2024



Greetings Rosemead Family! We hope you had a fulfilling February and are ready to have a motivating March. As we transition to spring, we are also given more daylight time for things we have been wanting and anticipating: from taking longer walks with our pets, families, and friends to practicing developing skills outdoors (like your favorite game or sport). Spring is a time for renewal. It is also a great time to reframe our mental attitudes from inadequacy and defeat to hope and optimism! Thinking and feeling success are on the horizon! I WILL succeed in my classes! I WILL learn how to solve this Math problem. I WILL learn this new dance routine. To assist you in finding ways to practice optimism, we invite you to use the guided strategies we have laid out for you in the content below.

Sincerely,

Your Rosemead School Psychologists



Feeling/ Habit of the Month



Optimism

What is optimism?

- **Optimism** means being hopeful and confident about the future!
- When we practice being optimistic, we are able to see the bright side of things even when life gets tough and throws challenges in our way.
- It's easy to be optimistic when things are going well! However, when life gets hard, we need to remember that staying positive can lead to better outcomes.
- Using self-talk is a big part of being optimistic. "I didn't do well on this test, but I can get a good grade if I study hard for my next test!"

Why practice optimism?

- Optimism is healthy! Optimism makes you resistant to stress and more likely to make healthy choices!
- Optimistic people are more successful! It makes you feel better about trying new things, even when we make mistakes!

How can we be more optimistic?

- Reflect on your day with a gratitude journal or a conversation with someone you love.
- Train your brain to believe good things can happen when we take actions! Studying leads to good grades, practice leads to a better performance, and so on!
- Remember that we can always bounce back from things going wrong. We fall so we can learn to pick ourselves back up!

SEL Calendar

MARCH



Monday	Tuesday	Wednesday	Thursday	Friday
<h2>Feeling LUCKY</h2>				<p>3/1</p> <p>Fun Friday! Music is magical. It can make our worst days feel not so bad. What's your go-to happy song? Use this playlist for inspiration!</p>
<p>3/4</p>	<p>3/5</p> <p>Let's learn more about our feeling of the month: Optimism! Watch this video and then talk about a time that you had to look at the bright side!</p>	<p>3/6</p> <p>This Wellness Wednesday is also National Dentist's Day! To celebrate, let's learn about the power of a smile! Watch this video, and then make it a goal to try using the power of your smile today!</p>	<p>3/7</p> <p>It's Thankful Thursday! Write or talk about something that you are thankful you did not give up on, no matter how hard it seemed at the time. Then, think about something that seems hard right now, but you are optimistic you will be great at eventually!</p>	<p>3/8</p> <p>Fun Friday! Let's get fired up for today and the weekend with this motivational video! Find a phrase that fires you up and practice hyping yourself up!</p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3/11</p> <p>Mindful Monday!</p> <p>Our biggest, most uncomfortable feelings can feel like a Beast at times!</p> <p>Watch the video below to watch Mojo from ClassDojo run into the beast. Then, click the second link to learn more about taming the Beast!</p> <p> </p>	<p>3/12</p> <p>Let's talk some more about Optimism!</p> <p>Optimism requires lots of positive thinking even in the toughest of situations. Watch this video on how Mojo practices his positive thinking!</p> <p></p>	<p>3/13</p> <p>Wellness Wednesday!</p> <p>Did you know that optimism is good for your health? Feeling good about yourself and your future can help you make the best choices for your health! Watch this video with an adult and talk about how optimism can help you be more healthy!</p> <p></p>	<p>3/14</p> <p>It's National Write Your Story Day! All of us have a story to tell, but we don't always get a chance to tell it! Get a paper and pencil or a laptop and start writing a story about your life, what you love about it, and what you're optimistic about in the future!</p> <p></p>	<p>3/15</p> <p>Fun Friday!</p> <p>It's Saint Patrick's Day this Sunday!</p> <p>Celebrate by learning about LUCK! Is there such a thing? Is there any way to be luckier? What's the luckiest you've ever felt?</p> <p> </p>
<p>3/18</p> <p>Mindful Monday!</p> <p>Let's practice the 5-4-3-2-1 Method!</p> <p>Do this activity in class or at home and then talk about it with an adult. When else might the 5-4-3-2-1 method help you?</p> <p></p>	<p>3/19</p> <p>Story Time! Relax and listen to this calming story to help you reduce stress and visualize success.</p> <p></p>	<p>3/20</p> <p>Finding positivity when you're feeling down can be hard, almost like trying to enjoy the sun on a gloomy day. But, we know that the sun is still there! Watch this video for tips on how to find your positivity!</p> <p></p>	<p>3/21</p> <p>It's Absolutely Incredible Kid Day! Write a letter to a kid you know, younger or older, letting them know how absolutely incredible they are!</p> <p></p>	<p>3/22</p> <p>This Fun Friday is also National Goof Off Day! Celebrate by spending some time with your friends and families being as unserious as possible! Get inspired by these lists of goofy activities!</p> <p> </p>
<p>3/25</p> <p>Mindful Monday!</p> <p>This activity will make you feel so relaxed and light that you might just float away! Check out Balloon Man Breathing!</p> <p></p>	<p>3/26</p> <p>Do you have "The Mindset of a Champion"? Learn more about a growth mindset. How does optimism play a part?</p> <p></p>	<p>3/27</p> <p>Watch these videos of Mojo and Katie learning the power of perseverance! Have you ever had to get out of The Dip?</p> <p>  </p>	<p>3/28</p> <p>Learn more about The Dip and some famous people you might know that got out of their Dip with this ClassDojo Activity!</p> <p></p>	<p>3/29</p> <p>You learned a lot about staying positive even when things get tough. However, it's ok to not be strong enough sometimes! You get stronger every day, no "Pressure"!</p> <p></p>



Social Emotional Learning Day



care solace

International Social Emotional Learning Day on March 8th is a way to celebrate the way SEL is “Today's Students, Tomorrow's Leaders.” Studies show SEL reduces stress and promotes self-regulation, self-awareness, social awareness, decision-making, and relationship building. Here are some specific examples of how SEL can positively impacts students:

- Higher levels of empathy
- Increased social confidence
- Better attitude about school
- More responsible decisions
- Better recognition of emotions

When your student is recognizing difficult emotions and would like help finding a mental health care provider for them, use Care Solace, a complimentary and confidential care coordination service provided by Rosemead School District:

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.

Our goal is for our students to have uplifted hearts and connected minds!



March is
Self-Harm Awareness Month



March is Self-Harm Awareness Month. If a student has been hurting themselves on purpose, the real hurt is inside. Self-harm is used to cope in the moment but can end up becoming a dangerous cycle. Here are some signs that your student is vulnerable and may be self-injuring:

- Symptoms of depression, anxiety, or stress
- Visible cuts, scratches, or unexplained wounds
- Covering their bodies with bandages, long sleeves, or long pants

If your student needs intervention and support for self-harm and its root causes, contact Care Solace. Care Solace will navigate the mental health care system, explain options, and quickly find available providers in our local community. Care Solace is a complimentary and confidential care coordination service provided by Rosemead School District.

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Visit caresolace.com/rosemead and either search on your own OR click “Book Appointment” for assistance by video chat, email, or phone.

As always, we are committed to promoting and protecting our students’ total wellbeing.



March is

Women's History Month

#WomenSupportWomen



March is Women's History Month, a month to study, observe, and celebrate the vital role women play in American life and history. We will continue to encourage girls and young women to speak up, challenge expectations, and become trailblazers, pioneers, innovators, and leaders. And that includes encouraging them to advocate for their own mental health.

If your student needs additional help to reach their full potential, Care Solace can help connect them to mental health care. They will navigate the mental health care system, explain options, and quickly find available providers in our local community. Care Solace is a complementary and confidential care coordination service provided by Rosemead School District.

- 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.

Also, keep an eye out for Rosemead School District's annual Girls Empowerment Symposium happening later this school year!