

# Rosemead School District SEL Newsletter



March  
2025



Greetings, Rosemead Family! I hope you had a fun-filled February and are ready to have a marvelous March! Spring is in the air, and with it comes a renewed sense of excitement! There are so many reasons to be excited, like more time with the sun out, warmer weather, and the upcoming Spring Break! This month, our newsletter's theme excitement isn't just about big moments; it's about finding joy in the little things—mastering a new skill, connecting with a friend, or simply looking forward to what's ahead. As you enjoy the content in our newsletter this month, take some time to recognize the little things that YOU are looking forward to! If you look closely enough, there is something to be excited about every single day! For example, every day you are doing at least a little bit of growing and probably more learning than you realize! So even if it's "just another day", finding something to get excited about will help you make it a GREAT day!

Sincerely,  
Your Rosemead School Psychologists

Feeling of  
the Month

## Excitement

### What is excitement?

Excitement is a big, bubbly feeling inside you when something really fun or special is about to happen! Excitement is your body's way of saying, "Wow, I can't wait for this!" Excitement can also look different depending on where you are and what's expected behavior.

### Body Signals

- Butterflies in your tummy
- Feeling full of energy
- Feeling like jumping up and down or even wiggly
- Heart beating a little faster
- A big smile
- Happy squeals



### How to handle being excited in different places:

#### In School

- Take slow, deep breaths to calm down
- Remind yourself to use a quiet voice
- Squeeze your hands into fists, then relax them.
- Focus on listening instead of talking too fast.

#### During Playtime

- Let those happy feelings flow! If it's safe and appropriate, you can run, jump, and shout!
- When we're excited it can be easy to forget rules. Remember that playing is more fun when everybody is following the rules.





Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3/3</b></p>	<p><b>3/4</b></p> <p>Learn more about our feeling of the month Excitement by watching one of these videos!</p>	<p><b>3/5</b></p> <p>It's Wellness Wednesday! Playing and exercising are great ways to handle the body signals that come from excitement! But what if you're in a place where you can't play? Try taking a break!</p>	<p><b>3/6</b></p> <p>It's Thoughtful Thursday! Take some time to think about that you're excited about and share it with someone!</p>	<p><b>3/7</b></p> <p>It's Fun Friday! Have you ever been so excited that you needed to let out a little happy dance? Show off your moves with someone you love being happy with!</p>
<p><b>3/10</b></p> <p>Today is International Social Emotional Learning Day! Learn more about what our newsletter is all about!</p>	<p><b>3/11</b></p> <p>It's time to practice our Self-Talk on Self-Talk Tuesday! Words to yourself should be as kind as the words you share with other people!</p>	<p><b>3/12</b></p> <p>It's National Plant a Flower Day! Let's learn more about flowers then practicing some Flower Breathing!</p>	<p><b>3/13</b></p> <p>Do you like having quiet time? Watch how you can go from quiet, to excited, to quiet again!</p>	<p><b>3/14</b></p> <p>It's Fun Friday! It's also Pi Day! Make your day 3.1415926535 times more fun with this activity!</p>
<p><b>3/17</b></p> <p>It's St. Patrick's Day! What makes YOU feel lucky?</p>	<p><b>3/18</b></p> <p>It's National Awkward Moments Day! Ever heard of complicated emotion? It's kind of like being embarrassed or uncomfortable in a situation!</p>	<p><b>3/19</b></p> <p>How do you think about your mistakes? Do you see them as the worst thing ever or opportunities to learn?</p>	<p><b>3/20</b></p> <p>It's Absolutely Incredible Kid Day! Every kid is incredible in their own way! What makes you incredible?</p>	<p><b>3/21</b></p> <p>It's Fun Friday! Spring is here! Celebrate by making some fun Spring themed crafts!</p>

## Monday

3/24

It's Mindfulness Monday! Let's celebrate with some Bubble Breathing or Belly Breathing!



inhale  
exhale

## Tuesday

3/25

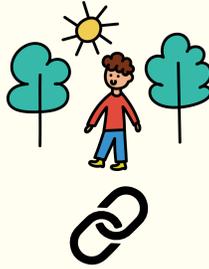
It's National Tolkien Reading Day! The Hobbit is one of Mr. Moya's favorite books. Get inspired to read a book you love just for fun!



## Wednesday

3/26

It's Wellness Wednesday! Celebrate by going on a Spring Nature Walk today!



## Thursday

3/27

It's National Scribble Day! Creating art is a great way to relieve stress, express yourself, and let emotions out! Practice with some scribble art!



## Friday

3/28

It's Fun Friday! Music is always an awesome way to get in a great mood! What's your favorite season? Does your favorite season have a song about it? I bet it does! Try to find a new favorite song about your favorite season!



3/31

It's Mindfulness Monday! Being mindful for just 5 minutes can help your brain in a big way! It's so easy, a monkey could do it!



# See You Soon

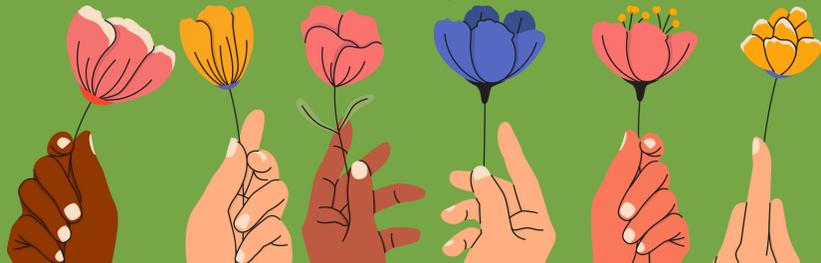




March is Women's History Month, a month to study, observe, and celebrate the vital role women play in American life and history. We will continue to encourage girls and young women to speak up, challenge expectations, and become trailblazers, pioneers, innovators, and leaders. And that includes encouraging 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](https://caresolace.com/rosemead) and either search on your own OR click “Book Appointment” for assistance by video chat, email, or phone.



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



care-solace

# International Social Emotional Learning Day

International Social Emotional Learning Day on March 10th is a way to celebrate the way SEL is “Uplifting Hearts, Connecting Minds.” 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 able to recognize 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:

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