

Rosemead School District SEL Newsletter



May
2025



Greetings, Rosemead Family! I hope you had an awesome April and are ready to have a magnificent May! May is Mental Health Awareness Month! Just like we care for our bodies by eating healthy foods and getting exercise, we also need to care for our feelings, thoughts, and emotions. That's what Mental Health Awareness Month is all about – learning ways to take care of ourselves on the inside and then sharing what we know with other people! As fellow experts in mental health, it is our job to spread the message that everyone has big feelings sometimes! Feeling sad, worried, angry, or excited is **okay** and just a normal part of being a human! What matters most is knowing we're not alone and learning healthy ways to handle what we feel. Talking to someone we trust, taking a break when we need one, getting enough rest, or just doing something that makes us smile can help us feel better. The more people understand that big feelings are normal and that others are here to help, the more we all feel comfortable getting help with their feelings!

Sincerely,
Your Rosemead School Psychologists

Habit of the
Month

Mental Health



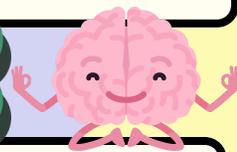
What is a "mental health"?

Mental health is all about how we think, feel, and handle everyday life. It helps us manage our emotions, build relationships, solve problems, and make good choices. Just like we take care of our bodies by eating healthy and getting exercise, we take care of our mental health by talking about our feelings, asking for help when we need it, getting enough sleep, and doing things that make us feel calm and happy. Everyone has mental health, and taking care of it helps us feel our best and handle life's ups and downs.



YOU ARE
NOT ALONE

BE KIND TO
YOUR MIND



What are some ways to improve our mental health?

- Talk about feelings – Check in with someone you love! It's okay to say when you're feeling sad, worried, or excited!
- Take brain breaks – Do something relaxing like deep breathing, stretching, or quiet time to reset your mind.
- Go outside – A walk, bike ride, or even a few minutes in the fresh air can boost your mood.
- Do something fun – Play a game, draw, dance, or enjoy a favorite hobby together to bring joy and connection.
- Stick to a healthy routine – Getting good sleep, eating healthy meals, and exercise can help everyone feel their best!
- Show kindness – Saying something nice or helping someone else can lift your spirits and theirs!
- Ask for help when needed – Remind one another that it's brave and smart to reach out when things feel hard.

Monday	Tuesday	Wednesday	Thursday	Friday
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5/1
Let's learn more about what Mental Health is! Watch one of the videos below and talk about one way you want to start exercising your mental health!

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5/2
It's Fun Friday! Did you know art can make us feel better when we're anxious, worried, angry, or sad? Try this fun and easy mindfulness art activity!

[🔗](#)

5/5
It's Mindfulness Monday! Practice some belly breathing by blowing out a candle on a cupcake!



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5/6
It's National Teacher Appreciation Day! Watch this video and don't forget to thank your awesome teachers for all they do!



[🔗](#)

5/7
It's Wellness Wednesday! It's also National Bike to School Day! Biking is great healthy way to start your day physically and mentally!



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5/8
It's Thoughtful Thursday! Mental health doesn't mean you always have to be happy! Learn about your different moods and attitudes with our friend Dojo!

[🔗](#)

5/9
It's Fun Friday! Listening to your favorite music is a great way to relax during a break, bounce back from a tough situation, or keep a happy mood going!

[🔗](#)

5/12
It's Mindfulness Monday! Let's practice our bubble breathing to start our week right!



[🔗](#)

5/13
Let's learn more about moods and attitudes with Dojo!



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5/14
Sometimes, people are afraid to talk about their feelings because they worry what others might think. Remember; it's okay to be not okay!



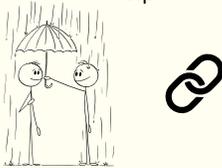
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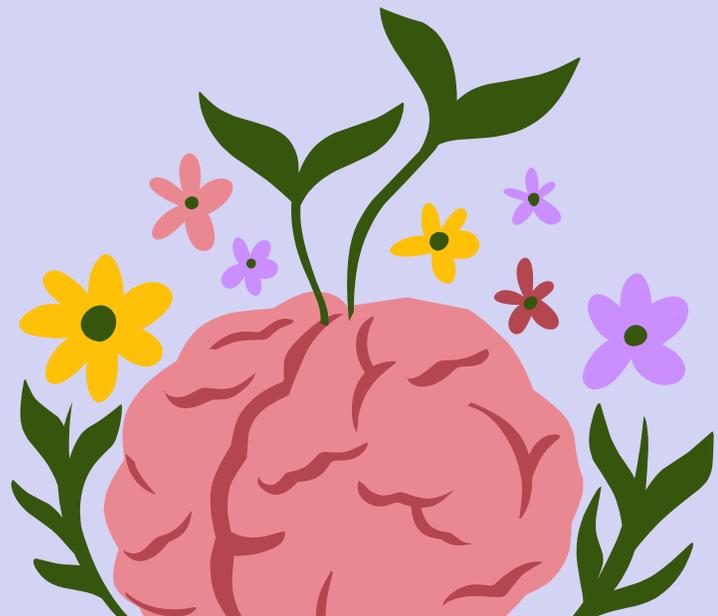
5/15
One of our most important jobs as mental health leaders is to remind others that it's normal to have uncomfortable feelings sometimes! It's up to us to break the stigma!

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5/16
It's National Do Something Good For Your Neighbor Day! Surprise them with an act of kindness! Here's some advice from one of the greatest neighbors ever!

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>5/19 It's Mindfulness Monday! Looking for a new cartoon to watch? Try a visit to Unicorn Island to learn more about mindfulness!</p> 	<p>5/20 Let's finish our series on Moods and Attitudes with Dojo! What have you learned about the way you deal with different moods and attitudes?</p> 	<p>5/21 It's Wellness Wednesday! Let's learn more about Mental Health! Who is on your list of people to go to for "a bit of help"?</p> 	<p>5/22 It's Thoughtful Thursday! Having a friend or family member that is a good listener is really important for when you want to share your feelings. How can you practice being a good listener for someone else?</p> 	<p>5/23 It's Fun Friday! Celebrate Mental Health Month with this catchy song and share it with someone you care about!</p> 
<p>5/26</p>  	<p>5/27 Watch this video with an adult. After, talk about your plan for what to do when you have feelings like the ones they describe in the video.</p> 	<p>5/28 It's Wellness Wednesday! Mental health is health! When our brains don't work well, our bodies don't work well! So we should take care of our brains and our feelings the same way we take care of other parts of our body!</p> 	<p>5/29 Did you know that journaling is a great way to improve your mental health? Try writing down how your day went, what feelings you had, and what you're looking forward to tomorrow and see how you feel after!</p> 	<p>5/30 This Fun Friday is also National Creativity Day! Use all that you learned about mental health to create a drawing, a poem, a song, or another piece of art with the theme of mental health!</p> 



Mental Health Awareness Month

care solace

May is Mental Health Awareness Month. Mental health matters—this month and every month. The reality is that many people around us are struggling, and they deserve care, understanding, and support. Mental health challenges don't define a person; they are simply part of the human experience. By having open, compassionate conversations, we can break the stigma and create a culture of support.

Let's stand together to ensure no one has to struggle alone. If you or someone you know needs help, Care Solace is here for you. This complimentary and confidential mental health care coordination service, provided by Rosemead School District, can help connect you with a provider quickly and easily:

 Call 888-515-0595 for multilingual support, available 24/7/365.

 Visit www.caresolace.com/rosemead to search for a provider or click “Book Appointment” for personalized assistance via video chat, email, or phone. You are not alone. Help is always available—don't hesitate to reach out.

HAPPY TEACHER APPRECIATION WEEK!



Dear Educators,

Happy Teacher Appreciation Week! ✨

You are more than teachers—you are mentors, role models, advocates, and everyday heroes in the lives of students and families. Your hard work, dedication, and compassion do not go unnoticed, and we are endlessly grateful for all that you do. As the school year winds down, we encourage you to prioritize your well-being. Please take advantage of the resources available to support you, including Care Solace, a complimentary and confidential mental health care coordination service provided by Rosemead School District. If you or a loved one need support, we are here to help navigate the mental health system for you.

☎ Call 888-515-0595 for multilingual support, available 24/7/365.

🌐 Visit www.caresolace.com/rosemead to search for a provider or book an appointment for assistance.

We appreciate you, we support you, and we want you to take care of yourself—because you matter! 💙