



Rosemead School District SEL Newsletter

November 2023



Greetings Rosemead Family! I hope you had an awesome October and are ready to have a noteworthy November! November is a month when we try to have an “attitude of gratitude”. This means taking the time to stop and think about what we have to be grateful for. Appreciating even the little things, like a crisp Fall breeze or a warm cup of tea is a great way to boost your mood. As we take some time to appreciate the world around us, also remember to reflect on and appreciate what exists within us as well! Think of all the growth we’ve made since the beginning of the school year and how we’ve handled every challenge that has come our way so far. Thinking of all the challenges we’ve overcome helps us feel ready to face new challenges! Think about the people who have helped you overcome those challenges and think of some ways to show them some gratitude too! We hope you find inspiration and value in the content we’ve prepared for you this November.

Sincerely,

Your Rosemead School Psychologists

Feeling of the Month



Gratitude

What might help with this
feeling?

- **Keep a gratitude journal!** Write down at least one thing you were thankful for that day.
- **Share your gratitude!** Talk to an adult or your friends about what you’re thankful for. If you’re thankful for them, tell them!

Ask yourself: What’s something or someone that makes me feel good everyday, but I almost never think about? What about food? Clean water? Warm clothes?






What might give us
this feeling?

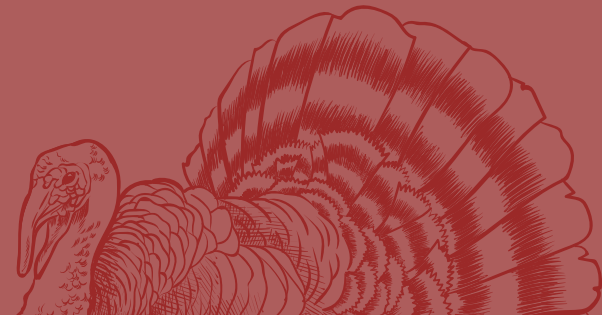
- Others being kind to us
- Being kind to others
- Spending time with friends and family
- Thinking about what makes us happy, even if they’re small everyday things!

Body Signals

- Big, uncontrollable smile!
- Feeling “bouncy”! We feel like jumping up and down and clapping our hands.
- Quick, fluttery breaths.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/30</p> 	<p>10/31</p> 	<p>11/1</p> <p>It's National Stress Awareness Day!</p> <p>Watch a video below, then talk about what makes you stress with a partner. Then, talk about some strategies you use to feel less stressed!</p> <p>Link 1 Link 2</p>	<p>11/2</p> <p>Thankful Thursday!</p> <p>Let's get familiar with our Feeling of the Month! Talk with someone you care about: What is gratitude? What are three "little things" that you are grateful for?</p> <p>Link 1 Link 2</p>	<p>11/3</p> <p>Fun Friday!</p> <p>Let's put that trick-or-treating candy to good use! Get some M&Ms (or another colorful candy) and click the link below for a fun and tasty way to practice gratitude!</p> <p>Link 1</p>
<p>11/6</p> <p>Mindfulness Monday!</p> <p>5 Minutes of mindfulness is all it takes for you appreciate your surroundings and feel more prepared for the day ahead of you. Click on the links and try it out!</p> <p>Link 1</p>	<p>11/7</p> <p>It's National Hug a Bear Day! Find your favorite plushies and one of your favorite humans and share the soothing magic of giving and getting a hug! Watch this video for more on this special day!</p> <p>Link 1</p>	<p>11/8</p> <p>Wellness Wednesday!</p> <p>Science shows that being kind to your mind makes your body healthier! Watch one of the videos below to learn about how practicing gratitude is like a workout for our brain!</p> <p>Link 1 Link 2</p>	<p>11/9</p> <p>Thankful Thursday!</p> <p>Brainstorming time! Time yourself and see how many things you can list that you are thankful for in 5 minutes! Watch this video from Kid President to see that nothing is too big or too little to be thankful for!</p> <p>Link 1</p>	<p>11/10</p> <p>No School today, but tomorrow (11/11) is Veteran's Day! If you have any Veterans in your family, make sure to thank them for their service!</p> <p>Link 1</p> 



Monday	Tuesday	Wednesday	Thursday	Friday
<p>11/13</p> <p>World Kindness Day! Help make our world a better place with random acts of kindness throughout your day! At the end of the day, talk with a grown-up about all the kind stuff you did and how it made you feel!</p>  	<p>11/14</p> <p>Do you love cool science experiments? Check out this experiment that helps us think about things we sometimes forget to be thankful for!</p> 	<p>11/15</p> <p>Wellness Wednesday! Take a “Thank You Walk” and try to find as many things as possible that you are thankful for! Are you thankful for the trees? Are you thankful for the playground at the park? Are you thankful for the person you are taking a walk with?</p> 	<p>11/16</p> <p>It’s International Day of Tolerance! This is a day to learn about differences between people and why we should appreciate our differences! Talk with an adult and think about a few things that make you “different” and why you are thankful for your differences!</p>  	<p>11/17</p> <p>Fun Friday! Make a “Thankfulness Tree” using paper or even real wood! Try to get as many members of your family or your class to add to the Thankfulness Tree!</p>   

11/20–11/24



Thanksgiving Break!



Enjoy your week with your family! Try keeping a gratitude journal for every day this week! Click the links below for ideas!



<p>11/27</p> <p>Mindfulness Monday! Start your week off right by letting go of any unwanted stress with this relaxing guided mindfulness activity!</p> 	<p>11/28</p> <p>It’s Giving Tuesday! Brainstorm with an adult about what you can do to “Give” on this special day! Watch this video to get some ideas!</p> 	<p>11/29</p> <p>Discover the power of “Thank you” by watching these videos together with an adult! After, talk about one thing about yourself that you are thankful for!</p>  	<p>11/30</p> <p>It’s National Mason Jar Day! Yes, that’s a real thing! Celebrate it by making a Gratitude Jar and filling it up with your family!</p>  	<p>See you in December!</p> 
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November 11th, 2023

Happy Veteran's Day

Thank You for Your Service

Veterans Day celebrated on November 11, is a time for us to pay our respects to those who have served and the families who support them. The brave United States military members have defended our nation for generations and upheld our values to serve a cause greater than ourselves. They have helped shape our history, and we honor their sacrifices as we reflect and celebrate our veterans today.

There are many unique challenges veterans and their families face while in active service. Families may need to separate for long periods of time, move frequently, or experience anxiety as their loved ones put themselves in danger. After active duty, many veterans have a hard time adjusting to civilian life. Those who have experienced trauma may need professional help to heal. This is why it is so important as a school community to support our veterans and their families.

Here are three ways we can offer support:

Become a listening ear to veterans and their families. Let them know you are here for them and allow them space to discuss their feelings.

If needed, provide them with the Veterans Crisis Line, available 24/7, by dialing 988 and pressing 1

Connect them to Care Solace, a mental health care coordination service provided by Rosemead School District, for ongoing support. If you or a family member would like to use Care Solace to help you find a mental health or substance use treatment provider:

Call 888-515-0595. Multilingual support is available 24/7/365.

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

To all our veterans, we thank you for your service.



care/solace



World Kindness Day

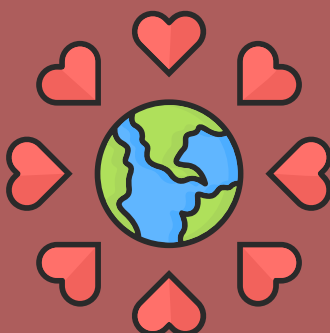
Kindness matters.

World Kindness Day on November 13 is a day to recognize the importance of being kind to each other, ourselves, and the world. On this day, participants celebrate and promote good deeds and pledge to acts of kindness.

Generosity is contagious and increases our happiness. In fact, in 2010, the Harvard Business School surveyed 136 countries and found people who gave to others were the happiest. Even just one act of kindness can turn someone's day around and build a stronger community of healing and positivity. Here are ways you can join us for World Kindness Day:

1. Share your pledge to acts of kindness on social media and use the hashtags #worldkindnessday and #makekindnessthenorm.
2. Check out the [Random Acts of Kindness Foundation](#) for ideas on how to incorporate kindness into your everyday life.
3. Some of us are already taking steps to find professional help with our well-being, and perhaps you or a loved one should too. If you or a family member would like help finding a mental health care provider, use Care Solace, a complimentary and confidential coordination service provided by Rosemead School District:
4. Call 888-515-0595. Multilingual support is available 24/7/365.
5. Visit caresolace.com/rosemead and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.

Let's text a friend we haven't spoken to in a while, treat someone (or ourselves) to a cup of coffee, and be an empathetic and encouraging ear to others as we close out 2023.





We are thankful for our community.

Happy Thanksgiving to our families! We hope you take time this break to connect with loved ones and recharge. Even though our schools are closed, you will continue to have access to services provided by Rosemead School District through our community partners. We encourage you to save these resources to easily reference them should you or a family member need help during the break or beyond.

Rosemead School District SEL Website: <https://sites.google.com/rosemead.k12.ca.us/social-emotional-wellness/home>

Los Angeles County Department of Mental Health

dmh.lacounty.gov

800-854-7771 (24/7 Bilingual)

Didi Hirsch – Suicide Prevention Hotline

<https://didihirsch.org/services/suicide-prevention/>

800-273-8255 (24/7 Bilingual Crisis Counselors)

Foothill Family

<https://www.foothillfamily.org/>

626-993-3000



Rosemead School District partnered with Care Solace to support the well-being of students and their family members. Care Solace is a complimentary and confidential care coordination service that can help you quickly find mental health or substance use treatment options matched to your needs, regardless of circumstance.

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

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