

# Rosemead School District SEL Newsletter



Celebrating our 1 Year Anniversary!

## October 2024



Greetings Rosemead Family! We hope you had a spectacular September and are ready to have an outstanding October! This month, we're celebrating the coming of Fall and our 1 year anniversary of Rosemead's SEL Newsletter! We want to give a sincere thank you to the students, parents and teachers who have learned with us. Fall is also a time for harvesting and enjoying all the hard work we did in the months leading up to this point. So let's reflect on how we're constantly planting the seeds of social-emotional learning and how we get to enjoy the fruits of our labor during both happy and challenging times. We hope you find inspiration and value in the content we prepared for you over the past year and for many more years to come!

Sincerely,  
Your Rosemead School Psychologists

## Feeling of the Month

# ANGER



### Body Signals

- sweating
- clenched jaw
- body tension
- heavy breathing
- feeling warm
- flushed face
- trouble concentrating

### What might help with this feeling?

- If you know what is making you angry, take a break away from it
- Being active helps our body control our anger! Go for a run, ride your bike, or even just a walk!
- Taking some deep breaths reminds our body and our brain that everything will be okay!

**Ask yourself:** Why am I angry? Is it worth being angry over? Can I fix the problem after I take a break?

### What might give us this feeling?

- when we feel things are unfair
- when we feel other people are not listening to us
- not being able to do what we want
- something unexpected happening



# SEL Calendar

# October

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>10/1</p> <p>It's National Bullying Prevention Month. Watch this video and talk about why it's important to know what bullying is.</p> 	<p>10/2</p> <p>It's Wellness Wednesday AND National Walk to School Day! Watch this video and talk to your parent or guardian about walking to school more often!</p> 	<p>10/3</p> <p>Thankful Thursday! Watch this video and talk about what you love about the Fall/Autumn season with your class or an adult at home!</p> 	<p>10/4</p> <p>Fun Friday! Plan a fun Fall activity to do with your family this weekend! Rosemead Park is having a Fall Fiesta/Dia de Los Muertos Celebration!</p> 
<p>10/7</p> <p>Mindfulness Monday! Go on a nature walk today to see if you can spot any Fall changes! If you can't go outside, watch a part of this video and talk about how it made you feel!</p>  	<p>10/8</p> <p>Story time! Let's learn about our feeling of the month: Anger! Listen along to this story and then talk about how you cope with anger.</p>  	<p>10/9</p> <p>It's National Stop Bullying Day! Watch this video and talk about what you can do to stop bullying that might happen around you. Know that adults at your school will always support you!</p> 	<p>10/10</p> <p>It's World Mental Health Day! Talk about what mental health means to you! Talk about some of your favorite ways to make others feel better.</p>   	<p>10/11</p> <p>Fun Friday! Did you know that Rosemead SEL Newsletter's first ever Feeling of the Month was fear? To celebrate our newsletter's birthday, listen to these songs about how brave you've gotten!</p>  
<p>10/14</p> <p>Mindfulness Monday! Learn to manage your anger with these helpful tips!</p>  	<p>10/15</p> <p>It's National Grouch Day! It's okay to be grouchy sometimes. Just remember your coping skills, like listening to silly songs like this:</p> 	<p>10/16</p> <p>It's Wellness Wednesday! When we get angry, our heart rate quickens. Learn to calm it back down with this exercise!</p> 	<p>10/17</p> <p>Thankful Thursday! Write a thank you note to an adult that is important to you. Talk about why you are thankful for that adult!</p>  	<p>10/18</p> <p>Fun Friday! Make a rhyme, poem, or song about our feeling of the month: anger! Use this video for inspiration!</p> 

## Monday

10/21

Mindfulness Monday!  
Let's talk more about our feeling of the month; anger! Here are some helpful videos to keep you calm when life gets frustrating!



## Tuesday

10/22

Bullying Prevention Month! Now that we know what bullying is, let's talk about ways to stop it! Watch these videos and talk about them with an adult. What are some things you can do the next time you see bullying?



## Wednesday

10/23

It's Red Ribbon Week! This week is about making healthy choices for our body and brain and helping others do the same! Talk about how you can do this and what to do about peer pressure to make unhealthy choices.



## Thursday

10/24

Thoughtful Thursday! It's spooky season! Watch this video and talk about it! Are you someone that finds being scared fun? Why is it important to know our limits? What is your favorite safe way to be scared?



## Friday

10/25

Fun Friday! It's almost Halloween! Practice your creative writing skills by creating the scariest story you can imagine! Afterwards, share the story with your class or family! If you need ideas or just want to get in the Halloween spirit, check out this playlist of scary stories for



10/28

It's Mindfulness Monday, but also National Chocolate Day! Did you know that you can use chocolate to practice mindfulness? Watch this video to learn how!



10/29

It's National Cat Day! Are you a scaredy cat? Enjoy this funny video to celebrate our favorite furry feline friends!



10/30

It's Wellness Wednesday! Want a fun way to get your anger out? Try angry dancing to some loud and angry music! Click on these links for some fun examples!



10/31

It's Halloween! Get in the spirit by hearing a story about monsters! Worry monsters that is! If you could have your own worry monster, what would it be and why?



# Together, let's create communities that are kinder, more inclusive, and accepting for all.

## NATIONAL BULLYING PREVENTION MONTH



### Dear Rosemead School District Community,

October is National Bullying Prevention Month. As a school community, we want to encourage everyone to stay informed about the signs of bullying, the impact it can have, and what to do if you see it happening.

### The Centers for Disease Control and Prevention (CDC) defines bullying as behavior that is:

- Unwanted: The behavior is not wanted by the victim.
- Aggressive: The behavior involves some form of aggression, such as physical force, threats, or intimidation.
- Repeated: The behavior happens more than once or has the potential to happen again.
- Acts of bullying may involve physical contact, words or gestures, or social exclusion. Bullying can happen in person or online.

### The signs of bullying include:

- Physical signs: bruises, cuts, torn clothing, missing items
- Emotional signs: changes in mood, withdrawal from friends and activities, anxiety, depression
- Behavioral signs: aggressive behavior, changes in eating or sleeping habits, truancy
- Social signs: being excluded from activities, being made fun of or called names
- If you see bullying happening, it's important to do something.

### Here are some things you can do:

- Talk to the bully and tell them to stop.
- Talk to the victim and offer your support.
- Report the bullying to a trusted adult, such as a teacher, counselor, or parent.

### If you or someone you know is being bullied, there are resources available to help:

- The National Bullying Prevention Center
- The Trevor Project
- StopBullying.gov

**Together, we can create a safe and supportive school community for all students!**



# World Mental Health Day



Your mental health matters.

care solace  
Calming the Chaos of Mental Health Care.

**Approximately one in five children in the U.S. will experience mental illness at some point in their lives (source: CDC).** World Mental Health Day, observed annually on October 10, aims to raise awareness and mobilize support to improve mental health on a global scale. To ensure that every member of Rosemead School District has access to the mental health resources they need, we have partnered with Care Solace, a trusted care coordination organization that specializes in connecting individuals with mental health care providers. This partnership reflects our commitment to providing you with the support and resources necessary to navigate mental health challenges effectively and confidentially.

## How Care Solace Can Help:

- **24/7/365 Availability:** Care Solace offers around-the-clock care coordination services to help you find a mental health care provider that meets your specific needs. Whether it's for your child, a family member, or yourself, Care Solace is here to assist you.
- **Confidential and Complimentary:** The services provided by Care Solace are completely confidential and free of charge for all students, staff, and their families within our district. Your privacy is respected, and your information will be handled with the utmost care.
- **Personalized Support:** Care Solace can help you navigate the mental health care system by matching you with appropriate providers, whether you need counseling, therapy, or substance use treatment. You can search for services on your own or request assistance through video chat, email, or phone.

## How to Access Care Solace:

- **Call:** Reach out to Care Solace directly at 888-515-0595. Multilingual support is available 24/7/365.
- **Online:** Visit [www.caresolace.com/rosemead](http://www.caresolace.com/rosemead). You can either search for services independently or click "Book Appointment" for personalized help.
- We believe that mental health is essential for our students to thrive academically and personally. By providing access to these vital resources, we hope to create a supportive environment where everyone in our community feels empowered to seek the care they need.

If you or someone in your family is facing mental health challenges, please do not hesitate to utilize Care Solace's services. Together, we can ensure that our school community remains strong, healthy, and resilient.

Thank you for your continued support and commitment to the well-being of our students.



## Substance Abuse Prevention Month

care+solace

October marks National Substance Abuse Prevention Month, a time to focus on prevention efforts and recognize the support available in our community. It's also a moment to honor the over 20 million Americans battling addiction, remember those lost to it, and celebrate the resilience of those in recovery, along with the friends and family who stand by them.

Preventing substance use begins with open conversations with our students about the effects of substance abuse on their health. Research shows that early use of substances like alcohol, tobacco, or drugs significantly increases the risk of addiction. Every year that substance use is delayed during adolescent brain development reduces the risk of addiction.

### Here are resources & links to help raise awareness about substance use and where to find help in our community:

- **SAMHSA's "Talk. They Hear You" Campaign**: Empowering adults to steer children away from the risks of alcohol and drugs.
- **Partnership to End Addiction**: A resource hub offering evidence-based insights for addressing substance use.
- **Natural High Foundation**: Nationally recognized motivational storytelling videos of celebrities explaining why they live a drug-free life. Follow-up discussion guides and activities included.
- **Harvard Medical Blog's Tips for Talking with Your Teens**: Guidance for parents and educators on discussing drug use with youth.
- **National Institute on Drug Abuse's Resources**: Providing critical information for parents and educators on substance use and effective communication.

As a community, we are committed to the emotional and physical well-being of each individual and encourage you to access the resources available to you should a crisis arise.

Together, let's break the cycle of youth substance abuse and encourage healthy living where kids are empowered to live a healthy, balanced life.