

Rosemead School District SEL Newsletter



October 2023



Greetings Eagle Family! I hope you had a spectacular September and are ready to have an awesome October! Welcome to the first of many Social & Emotional Learning (SEL) Newsletters! My goal is for this newsletter to be the go-to source for all things SEL for parents, teachers, and students. Here you will find activities, discussion topics, events, and news all related to learning more about our feelings and the feelings of others. Please let us know what you like and what you want to see more of! To all those who will read this and future newsletters, thank you for being part of our SEL community, where the seeds of emotional growth are planted, and the fruits of empathy and meaningful connections are harvested. We hope you find inspiration and value in the content we've prepared for you this October. Go Eagles!

Your School Psychologist,
Mr. Moya

Feeling of the Month

FEAR



Body Signals

- sweating
- feeling shaky
- stomach ache
- crying
- sweating
- chest hurting
- heart beating fast



What might help with this feeling?

- talk to an adult about what scares you and why
- find a comfortable place to take a break
- think about how even though something is different or new, it doesn't have to be scary

Ask yourself: What's the worst that can happen, what's the best that can happen, and what is most likely to happen?













What might give us this feeling?

- things that we know are dangerous
- things that our brain thinks might be dangerous
- new situations like your first day in a new class
- things that you had a difficult time with before

SEL Calendar

October

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/2</p> <p>Mindfulness Monday!</p> <p>Practice deep breathing with Mr. Joo! Talk about how you feel after deep-breathing with your class or an adult at home!</p> 	<p>10/3</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>10/4</p> <p>It's World Animal Day! Talk about how animals help us. Then, talk about something you can do to help animals! Watch these videos for ideas!</p>  	<p>10/5</p> <p>Thankful Thursday!</p> <p>Watch this video and talk about what you love about the Fall/Autumn season with your class or an adult at home!</p> 	<p>10/6</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>10/9</p> <p>Mindfulness Monday!</p> <p>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>10/10</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>Yesterday was also Face your Fears Day! Think about a fear that you want to get over. What would your first step be?</p>  	<p>10/12</p> <p>Thankful Thursday!</p> <p>Say thank you to someone that helps you today. Afterwards, think about how saying thank you makes them feel and how it makes you feel!</p> 	<p>10/13</p> <p>Fun Friday! It's Friday the 13th! We all have lucky and unlucky days. Draw something that makes you feel lucky!</p>  
<p>10/16</p> <p>Mindfulness Monday!</p> <p>Try a body scan to check for any stress or uncomfortable feelings!</p> 	<p>10/17</p> <p>Self-Talk Tuesday!</p> <p>Write or talk about a positive self-statement that you will keep in mind today. Watch this video to learn more about the power of self-talk!</p>  	<p>10/18</p> <p>Watch This Wednesday! Watch this interview with Mr. Joo where we ask him about our feeling of the month: Fear!</p> 	<p>10/19</p> <p>Thankful Thursday!</p> <p>Write a thank you note to an adult that is important to you. Talk about why you are thankful for that adult!</p>  	<p>10/20</p> <p>Fun Friday! Make a rhyme, poem, or song about our feeling of the month: fear! Use this video for inspiration!</p> 

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<p>10/23</p> <p>Mindfulness Monday! Try a guided imagery meditation! Guided imagery helps you imagine yourself in a relaxing place to but your brain at ease!</p> 	<p>10/24</p> <p>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.</p>  	<p>10/25</p> <p>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?</p>  	<p>10/26</p> <p>Thoughtful Thursday! 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?</p> 	<p>10/27</p> <p>Fun Friday! It's almost Halloween! Draw or craft a jack-o-lantern with a face that shows how you feel about Halloween! Share about a favorite or not-so-favorite Halloween memory with your class! For fun, check out how creative people get with pumpkins in this video!</p> 
<p>10/30</p> <p>Mindfulness Monday! Uncomfortable feelings are sometimes so strong, they make us freeze up! Try a Monday Melt to help your brain and body unfreeze!</p> 	<p>10/31</p> <p>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? Not the kind of monster story you were expecting? Check out this month's bonus activity for something spooky!</p>   		<p>BONUS ACTIVITY!</p> <p>Do you like scary stories? Share any scary stories with someone else who likes being spooked! 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 kids! Mr. Moya's favorite is the one titled "The Fun House of Fear"!</p> 	

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

NATIONAL BULLYING PREVENTION MONTH



At Rosemead School District, we believe every student deserves a safe space for learning and self-expression. In October, we recognize National Bullying Prevention Month to highlight the importance of fostering a community of inclusion, safety, and respect.

Bullying isn't a childhood rite of passage; it has real implications for a child's education, health, and safety today and into the future. Bullying can leave devastating and often long-term effects such as a loss of self-esteem, increased anxiety, and depression for all involved. When one out of every five students report being bullied each year, we aim to work together towards change.

This month is a time to unite nationally to educate and raise awareness of bullying prevention. We invite you to join us in raising awareness in our schools and community as we work toward our shared goal of inclusion, support, and respect for all.

If you ever believe that a child is a victim of bullying or if you have concerns related to bullying, please know that we are here to help. Our school has dedicated staff members who are ready to assist and address any bullying concerns promptly and confidentially. Please reach out to Mr. Joo, Mr. Moya, or your child's classroom teacher.

Principal Sam Joo – sjoo@rosemead.k12.ca.us

School Psychologist Eric Moya – emoya@rosemead.k12.ca.us

Thank you for your ongoing support in creating a caring and secure learning environment for our students.

World Mental Health Day



Your mental health matters.

care solace

Calming the Chaos of Mental Health Care.

Nearly one in five children in the United States will experience mental illness in their lifetime (source: Center for Disease Control). World Mental Health Day, honored annually on **October 10**, was created to raise awareness of mental health issues and mobilize support to improve the mental health of people around the world.

This year's theme, "Mental health is a universal human right," highlights the importance of global well-being in all aspects of governmental policy. The last few years have been taxing on the population, and many global citizens feel their mental health needs to be more of a priority – especially in those countries where so many are displaced or surrounded by wars.

In the United States, barriers to mental health services remain a significant hurdle to getting support. Advocating for equitable mental health systems for all will lead the path to positive global outcomes.

Rosemead School District is committed to raising awareness about mental health and equitable access to quality mental health services.

Rosemead School District partnered with Care Solace to support the well-being of students, staff, 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 would like to use Care Solace to help you 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.

