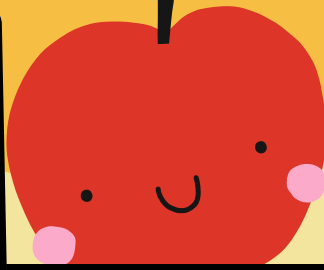


# Rosemead School District SEL Newsletter



September  
2025



Greetings Rosemead Family! We hope you had a superb summer and are ready to have a spectacular September! The start of a new school year is always exciting. It's a chance to learn new lessons, create lasting memories, and build meaningful friendships. If this is your first year with us, welcome! Our SEL Newsletter is a space for us to grow together, celebrate successes, and strengthen our awareness of social-emotional learning. Inside, you'll find engaging activities, thoughtful discussion topics, and useful resources to help students (and families!) better understand their own feelings and the feelings of others. If you haven't already, please also check out [Rosemead School District's Social Emotional Learning & Supports Website](#) for more resources! Here's to a school year filled with growth, connection, and kindness!

Sincerely,

Your Rosemead School Psychologists

Habit of  
the Month

## Asking for Help



### Why should we practice asking for help?

Having hard feelings or being in tough situations might make us feel very lonely, like nobody could understand what it's like. However, it's important to understand that you are never really alone! As a student OR adult at Rosemead School District, a person who cares is never far away! Having that adult you trust and building a "network of support" can make a huge difference in our mental health!

It's okay to  
ask for help



HELP!!!

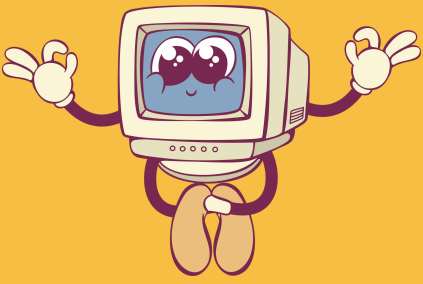
### When should we ask for help?

- When our feelings get too big for us to handle on our own.
- When you or someone you know might be in danger.
- When we need advice on how to deal with a tough situation.
- When we just need someone to listen.

### Who should I include in my "network of support"?

- Parents or other family members
- Teachers or other trusted adults like your principal
- Friends
- Your School Psychologist/School Counselor!
  - Encinita Elementary School – Mr. Moya
  - Janson Elementary School – Mr. Aviles
  - Savannah Elementary School – Mr. Chavez
  - Shuey Elementary School – Ms. Doan
  - Muscatel Middle School – Dr. Carrillo & Ms. Amezcua





# calm CLICKS

**Check out these links to practice some mindfulness or learn more about our habit of the month!**

## music for the mind



**Here are some tunes that remind you that it is OKAY to ask for help!**



## mindful breaks



**Need a short break to reset your mind or just want to practice being mindful?  
Click these!**



## let's learn more!

**Let's learn more about our habit of the month!**



## check this out!

**Being mindful can be like a superpower! Learn more with this cool SEL video series!**



# National Recovery Month

Hope is real. Recovery is real.

Embracing the spirit of empathy and support, we come together this September to honor National Recovery Month. In Rosemead School District, the journey to recovery touches us all — students, staff, and families alike. Let's extend our hand to those on this path, helping them reclaim their lives from the clutches of addiction. Since its inception in 1989, this month has been a beacon of hope, reminding us of the strength of the human spirit and the triumphs that can be achieved through determination and community. It's a time to recognize the resilience of those recovering from addiction and a chance to stand in solidarity with them. In Rosemead School District, conversations about substance abuse hold immense power. By nurturing an environment of open dialogue, we provide a safe space for individuals to share their struggles and triumphs. Studies have shown early engagement with substances heightens the risk of addiction. Our discussions today shape tomorrow's choices, helping mold healthier, substance-free lives.

To empower our community, we offer a range of resources:

[SAMHSA's "Talk. They Hear You" Campaign](#): Empowering parents, educators, and caregivers to guide students away from the dangers of alcohol and drugs.

[Partnership to End Addiction](#): A wellspring of science-backed information to aid conversations about drug and alcohol use.

[National Institute on Drug Abuse's Resources](#): Equipping parents and educators with essential facts about substances and communication strategies.

In moments of challenge, remember that no one stands alone. 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](http://www.caresolace.com/rosemead) and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.



# Hispanic Heritage Month

care solace

As we celebrate National Hispanic Heritage Month from September 15 to October 15, we take this opportunity to honor the rich cultures, histories, and contributions of Hispanic and Latino Americans. This month serves as a reminder of the profound impact that Hispanic and Latino communities have had on our country, and it's a time for us to reflect on the values of diversity, inclusion, and unity.

At Rosemead School District, we are committed to fostering an environment where every student feels valued and respected, and where their cultural heritage is celebrated. Hispanic Heritage Month is a chance for us to highlight the achievements and influence of Hispanic and Latino individuals, not only in history but also in our community today. In addition to celebrating cultural heritage, we also recognize the importance of mental health and well-being within our community. We understand that mental health challenges can affect anyone, regardless of background, and we are dedicated to providing support to our students and families. That's why we've partnered with Care Solace, a complimentary and confidential care coordination service that assists in finding mental health or substance use treatment options. Care Solace is available to all students, staff, and their families within our district, ensuring that everyone has access to the care they need when they need it.

## **How to Access Care Solace:**

**Call:** You can reach Care Solace at 888-515-0595, with multilingual support available 24/7/365.

**Online:** [www.caresolace.com/rosemead](http://www.caresolace.com/rosemead) to search for services or to request assistance with scheduling an appointment.

As we come together to celebrate Hispanic Heritage Month, let's also reaffirm our commitment to supporting the mental health and well-being of every member of our community. By working together, we can ensure that our district remains a place where all students can thrive, both academically and personally.

Thank you for your continued support and partnership in making Rosemead School District a vibrant, inclusive community.



# Suicide Prevention Month

care/solace

As we observe National Suicide Prevention Month and World Suicide Prevention Day on September 10, we recognize the critical need to address the challenges of suicidal ideation among our youth. The impact of this issue extends throughout our community, affecting us all. The first step toward intervention and support is awareness of suicidal warning signs, which include the following changes:

- Behavioral: Withdrawing from friends and activities, giving away personal belongings, self-destructive behaviors, increased substance use, sudden mood improvement after depression.
- Verbal: Expressing feelings of hopelessness, worthlessness, or being a burden. Talking about death, dying, or wanting to die, making statements like "I can't take it anymore" or "I wish I weren't here," mentioning specific plans or methods for suicide.
- Emotional: Drastic and sudden mood swings, overwhelming sadness, despair, emptiness, loss of interest in once-enjoyed activities, intense irritability or anger.
- Situational: Recent loss of a loved one, breakup, significant life changes, bullying or harassment, academic or work-related stress, financial difficulties, or other significant personal crises.
- Physical: Changes in sleep patterns (insomnia or excessive sleeping), changes in appetite or weight loss/gain, decreased personal hygiene and self-care.
- Social: Increasing social isolation and withdrawal from relationships, losing interest in social interactions or activities, feeling disconnected from friends, family, and self.
- Cognitive: Difficulty concentrating or making decisions, preoccupation with death, dying, or the afterlife, intense guilt or shame.

When you notice these warning signs, you should:

- Initiate a conversation about suicide.
- Provide active listening and non-judgmental support.
- Encourage professional help through therapists, counselors, and helplines.
- Involve trusted adults, such as parents/guardians, coaches, teachers, and mentors.
- Create a safety plan in collaboration with the individual.



# Suicide Prevention Month

care/solace

If you or someone you know is experiencing hopelessness and suicidal thoughts, please seek help with these resources:

- 988 Suicide and Crisis Lifeline: A nationwide lifeline network operating 24/7 to provide free and confidential crisis services. [Visit 988 Suicide and Crisis Lifeline](#)
- NAMI (National Alliance on Mental Illness): Offers support groups and chapters throughout the United States. [Visit NAMI](#)

For those in need of professional support, consider contacting Care Solace, a complimentary and confidential service provided by Rosemead School District. They can help you find a mental health or substance use provider.

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

Visit <https://caresolace.com/rosemead> and either search on your own or click "Book Appointment" for assistance via video chat, email, or phone.

Unified — and with support and compassion — we can make a difference in our community's well-being.

Let us stand together to raise awareness, provide assistance, and foster hope for a brighter future.



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NATIONAL  
**SUICIDE  
PREVENTION**  
MONTH

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