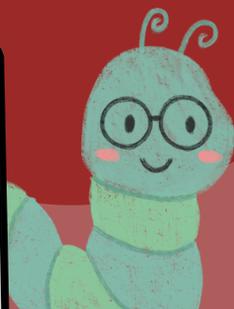


Rosemead School District SEL Newsletter



September
2024



Greetings Rosemead Family! We hope you had a splendid summer and are ready to have a spectacular September! Welcome to a new school year! September is a time of fresh beginnings, where we all have the opportunity to start anew with hope, enthusiasm, and a commitment to growth. Whether you're returning or joining us for the first time, we are excited to embark on this journey together. This month, as we settle into our routines and get to know one another, let's focus on building a positive and supportive environment. Fresh starts aren't just about new schedules and classrooms—they're about creating spaces where every student feels safe, valued, and ready to learn. As we kick off the year, let's remember that every day is a new opportunity to be our best selves and to lift each other up. Let's make this a year full of learning, growth, and joy!

Sincerely,
Your Rosemead School Psychologists

Feeling of the
Month

Sense of Belonging



What does it mean to have a “sense of belonging”?

Having a “sense of belonging” means feeling like you’re an important part of a group, like your friends, class, or family. It’s when you know that people care about you, and you care about them too. You feel accepted, included, and like you really matter to the people around you. It’s like being on a team where everyone supports each other, and you know you always have a place where you fit in and feel comfortable. Having a sense of belonging makes it easier to learn, grow, and have fun!

How do I get a “sense of belonging”?

- **Be yourself** – Being yourself makes it easier to find people who love you for being you!
- **Love your differences** – Think about what makes you a unique part of your group and celebrate it!
- **Share your interests** – Talk to people around you about the things you like or want to try! You’re likely to find friends who love the same things you do!

How can I help others find their “sense of belonging”?

- **Be Inviting** – Let others join in on games, conversations, or lunch!
- **Be Honest** – People are more likely to trust you and feel like you care when you are being yourself!
- **Be Present** – Show you care by putting away distractions and giving your complete attention!

September



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9/2</p> <p>HAPPY LABOR DAY!</p> <p>• USA •</p> 	<p>9/3</p> <p>We hope you've had a great beginning to the new school year! Watch one of the videos below. What was your first day like?</p>  	<p>9/4</p> <p>It's National Wildlife Day! Did you know that watching wild animals in their natural habitat help some people relax? Check out this example of a relaxing wildlife video, there are tons just like it!</p> 	<p>9/5</p> <p>It's Thoughtful Thursday! Let's take a moment to reflect on our feeling of the month: sense of belonging. How might you be able to help someone else feel like they belong?</p> 	<p>9/6</p> <p>It's National Read a Book Day! To celebrate, read along with this book about belonging!</p>  
<p>9/9</p> <p>Mindful Monday! Are you finding it a little difficult to focus since coming back from summer break? You're not alone! Try this mindfulness exercise!</p> 	<p>9/10</p> <p>It's Tune-in Tuesday! Listen to one of these songs about belonging! Do you have a favorite song that makes you feel like a part of something else?</p>  	<p>9/11</p> <p>It's Wellness Wednesday! Going back to school might mean having to break some habits or go back to old routines. Make sure you keep your health in mind! The best way to have a healthy mind is a healthy body!</p>  	<p>9/12</p> <p>It's National Hug & High Five Day! Watch this video and then talk with a teacher or adult at home about how touch can help with feelings of belonging!</p>  	<p>9/13</p> <p>It's National Positive Thinking Day! Watch these videos about the power of positive thinking!</p>    



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9/16</p> <p>Mindful Monday! Watch this video to learn about how your heart is connected to your emotions, then do the activity in the video that helps you control both your heart and mind!</p> 	<p>9/17</p> <p>Let's revisit our feeling of the month: sense of belonging! Watch this video with your teacher and talk about how your classroom is a "belonging classroom".</p> 	<p>9/18</p> <p>It's Wellness Wednesday! Keeping with our theme of belonging, we know that everything can be better with friends! Even exercise! Learn more with this video!</p>  	<p>9/19</p> <p>YARR MATEY! It's Thoughtful Thursday AND National Talk Like a Pirate Day! Have some fun and compliment your best mates with your finest pirate talk!</p>    	<p>9/20</p> <p>It's Fun Friday! You may have more in common with your classmates than you think... Play Friendship Bingo in your class to find out more about the people you learn with!</p> 
<p>9/23</p> <p>On this Mindful Monday, get your body moving with our mindful monkey friend!</p>  	<p>9/24</p> <p>It's National Punctuation Day! Yes, it's a real thing! Today, try to use three punctuation marks (. , ? , !), to write sentences that might make someone feel better!</p> 	<p>9/25</p> <p>It's Wellness Wednesday! Sleeping is actually one of the most important things you can do to have a healthy body and mind! Learn more with this video!</p>  	<p>9/26</p> <p>It's Thoughtful Thursday, but also National Pancake Day! Cut out some paper pancakes and write out a message of kindness using a marker. Make your message look like fruits, butter, or maple syrup!</p> 	<p>9/27</p> <p>It's Fun Friday! Start your day off right by having a laugh, or challenge yourself to a "Try Not to Laugh" while watching this funny, adorable video!</p>  
<p>9/30</p> <p>You've made it through the first full month of a school! Celebrate this Mindful Monday with a flower and a cupcake!</p> 	 			



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.

Throughout the month, we will be engaging our students in various educational activities and events that showcase the vibrant traditions, languages, and histories of Hispanic and Latino cultures. These initiatives are designed to enrich our students' understanding and appreciation of the diverse world in which we live.

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 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

Dear Community Members,

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.

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