

SEL & PERSONAL WELLNESS



NEWSLETTER

April 2024

Social Emotional Learning for Life

Welcome to the DCSD SEL & Personal Wellness Newsletter. This is our monthly forum for making SEL a part of our daily lives from the classroom to the living room. Click on the links provided for more information on integrating SEL into the lives of our school community throughout each day.



COUNSELOR'S CORNER

APRIL SEL FOCUS:

Review & Reteach

There are no required SEL lessons for students in April due to DCSD testing, MAP and GA milestones. April is a month in which counselors can circle back to any lessons that may need reviewing or completing with the students if they are able to have access to the students' classes.



SEL FOR LEADERS AND STAFF

How Social-Emotional Learning Transforms Classrooms
By Vicki Zakrzewski

"Research clearly demonstrates that integrating social-emotional learning (SEL) into the classroom is good for both students and the adults who work with them. But there's a story that the research hasn't captured—the one of powerful transformation that can result from the practice of SEL."

Read the full article here:

[How Social-Emotional Learning Transforms Classrooms](#)

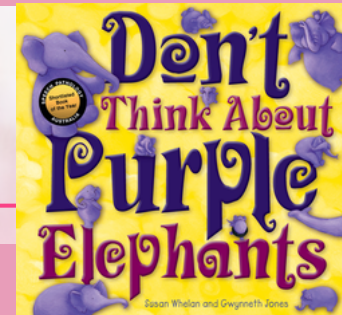
Book of the Month

Don't Think About Purple Elephants

by Susan Whelan and Gwynneth Jones, is a delightful story about a girl named Sophie who has a little trouble going to sleep at night. It seems that when things calm down at the end of the day, and Sophie goes to bed, her mind keeps going and going and going. After getting ideas from her family, Sophie's mom comes up with a creative solution to help Sophie stop worrying and find rest.

To read along, click here:

[Don't Think About Purple Elephants](#)



PROMOTING SEL AT HOME

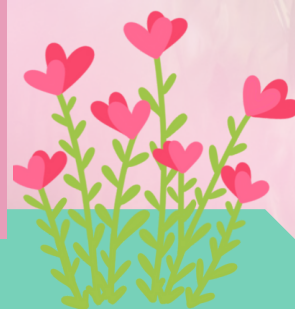
SEL: Parent Social-Emotional Competence & Wellbeing
By Rebecca Taylor

"...take my word for it, social-emotional learning is necessary. SEL is an opportunity to ensure the long-term success of all children, but did you know that SEL also benefits adults? Parents, this is for you. It's not too late to continue building your own social and emotional competence, and here's how you can do it..."

Read the full article here:

<https://solbelearning.com/sel-parent-social-emotional-competence-and-well-being/>

www.dekalbschoolsga.org/sel



SEL & PERSONAL WELLNESS, CONT.

Personal Wellness

Wellness in the DCSD community is a priority. Managing ourselves in the 8 Dimensions of Wellness can easily be achieved in 5 minute blocks each day while at work or play.

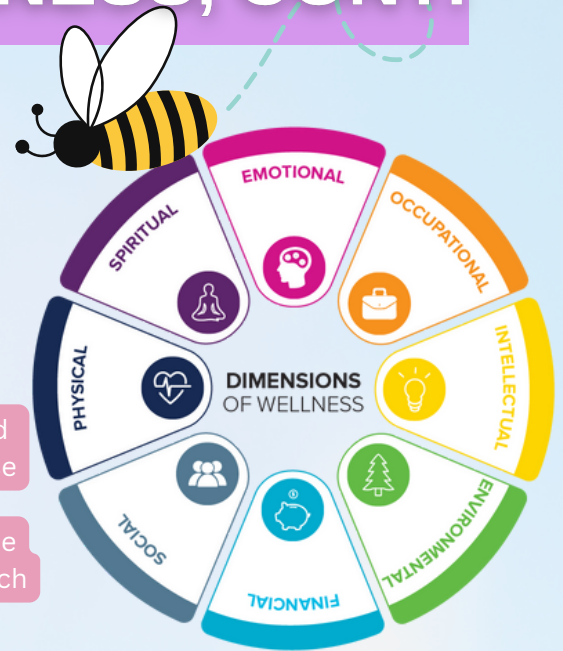
TAKE 5

Financial Wellness Activities that Take 5 Minutes or Less

- Select a savings system to try this week, like collecting your change and placing it in a jar or placing a \$20 bill in an envelope on Fridays to increase your savings.
- Take a moment to review your monthly subscriptions and cancel the one you use the least. Stash that same amount of cash in a safe place and watch your savings build over time.

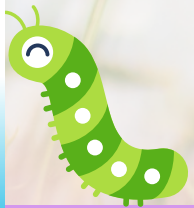
Daily Wellness Affirmation

"I pay attention to my financial state of being, and I make deliberate changes daily that help me increase my personal and financial wealth."



App of the Month

The Breathe, Think, Do with Sesame Street App is a great for helping children up to 8 years old with problem solving, self-control, planning and task persistence. The game allows a child to help an angry monster regulate himself when faced with everyday challenges that any child can relate to. Helping the monster take the time to breathe and problem solve teaches children how to do the same in their own lives. This app is teacher approved...and it's free! Available for both Apple and Android devices. Get it from the App Store and Google Play.



Something to Remember:

"Not everything that can be counted COUNTS & not everything that counts can be COUNTED."

—Albert Einstein

Did you know???

DCSD posts #WellnessWednesday tips on our Twitter page, click the icon to follow.

