



SEL & PERSONAL WELLNESS NEWSLETTER



September 2024

Social Emotional Learning for Life

Welcome to the DCSD SEL & Personal Wellness Newsletter. This is our monthly forum for making Social and Emotional Learning 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 each day making our school community a healthy place to learn.

SEL FOR EDUCATORS

**Let's Make Schools
Places Where Students
Want to Be**
by Lakeisha Steele &
Karen Van Ausdel



To address the issue of absenteeism in students, we need to make schools places where students—and adults—want to be. We have a clear call to action: to ensure that schools are places of engagement, relevance, and belonging for all who step through their doors.

Read more here:

<https://casel.org/blog/lets-make-schools-places-where-students-want-to-be/>

Counselor's SEL Corner

The September SEL lessons for elementary and middle school students emphasize building a growth mindset and encouraging positive thoughts to help them persist through difficulties. The initial two lessons on the Second Step Platform will be presented to students in Grades K-8. A growth mindset is crucial for students as it helps them realize their intelligence can develop, making them more open to new experiences. Students with this mindset are motivated to pursue their goals, even when faced with challenges, and often engage with difficult subjects for the learning opportunities they present. They understand that failures can lead to valuable problem-solving skills in a nurturing environment, which are essential for success in life.

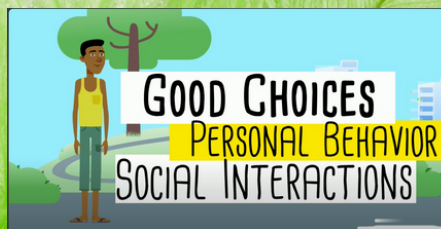
Resources of the Month

Here's a lesson on Responsible Decision Making in Personal Behavior and Social Interaction.

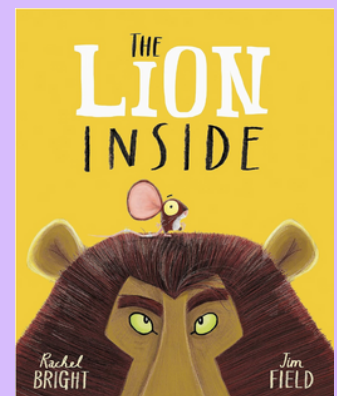
https://www.youtube.com/watch?v=H_O1brYwdSY

And for our younger learners, here's a song about Good Choices they can sing all day long.

https://www.youtube.com/watch?v=Vl_s3FE6F-c



Book of the Month



THE LION INSIDE

by Rachel Bright and Jim Field

In this bestselling story about confidence and self-esteem, a shy little mouse sets out on a journey to find his roar. When he does, he learns that he's not the only one who has a little fear inside. Even a big, strong, roaring lion can be afraid from time to time. The two become unexpected friends, showing children that you never know what's inside of someone until you look. Click here and watch how the story unfolds:

<https://www.youtube.com/watch?v=H019G18irW0>





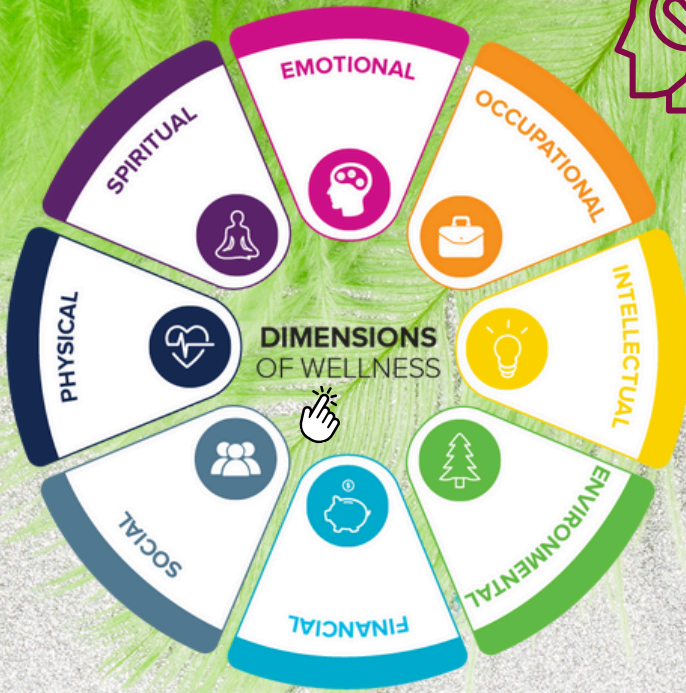
Do you have a wellness plan?
Here's one!



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 FIVE

Physical Wellness Activities that Take 5 Minutes or Less

- Get your body moving, even when you are stationary, by doing leg lifts and heel stretches from any seated position.
- Take three deep breaths as you move from one activity to another, whether you are in the presence of others or alone.



Quote of the Month

"Eating healthy can cost you money,
but eating unhealthy
can cost you
your life."
- Anonymous



Daily Wellness Affirmation

"When I choose movement
over being stationary,
I get the benefit
of continuously
burning calories
all day
long."

Did you know...

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



www.dekalbschoolsga.org/sel

