



# SEL & PERSONAL WELLNESS NEWSLETTER



OCTOBER 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. This month we are highlighting Social Awareness Skills.

## RESOURCE OF THE MONTH

### VAPING AWARENESS

Our students need to understand that vaping, even in small amounts, poses significant risks to health. Vaping can be quite addictive, primarily due to the presence of nicotine in many e-liquids. This substance creates a dependency similar to that of traditional cigarettes, making it challenging for users to quit. The ease of access and variety of flavors can further entice individuals, leading to increased consumption and a stronger habit over time. The inhalation of harmful chemicals can lead to respiratory issues, addiction, and other serious health complications. It's essential to recognize that no level of vaping is completely safe, as the potential for long-term damage remains a concern. Understanding the risks associated with vaping and substance use is crucial for our students. By educating them about these dangers, they can make informed choices that protect their health and well-being. Awareness of the negative consequences can empower students to resist peer pressure and foster a culture of safety and responsibility among their peers. Ultimately, this knowledge equips them to lead healthier lives and contribute positively to their communities.

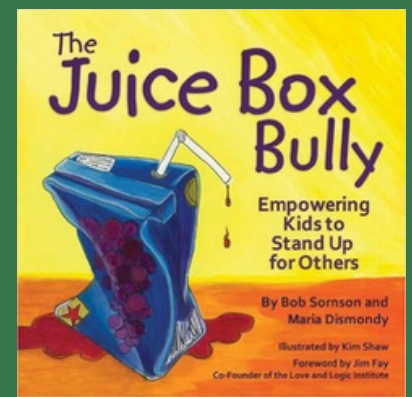
For more information on vaping, click here: [VAPING FACTS](#)

## Counselor's SEL Corner

October marks National Bullying Prevention Month, observed since 2006 to highlight the significant effects of bullying on children and their families. As counselors, our goal is to create a supportive learning environment centered on positivity, inclusivity, and respect. Counselors are facilitating SEL Second Step lessons this month designed to assist students in recognizing, addressing, and reporting bullying. We want all DCSD students to understand that they can seek help from any school staff regarding bullying and contribute to cultivating an atmosphere where bullying is not tolerated. Here's more on how to talk to kids about bullying: <https://www.stopbullying.gov/resources/how-to-talk-about-bullying>.



## BOOK OF THE MONTH



### THE JUICEBOX BULLY

Empowering Kids to Stand Up for Others  
by Bob Sornson & Maria Dismondy

The new kid in school is quite the bully. When he sees how students in this school stands up for each other, and even refuses to be mean to him in return, he realizes his mistakes and wants to join their kind community. Grab a juice box and read along here:

[https://youtu.be/Sbngpd9\\_pTA](https://youtu.be/Sbngpd9_pTA)





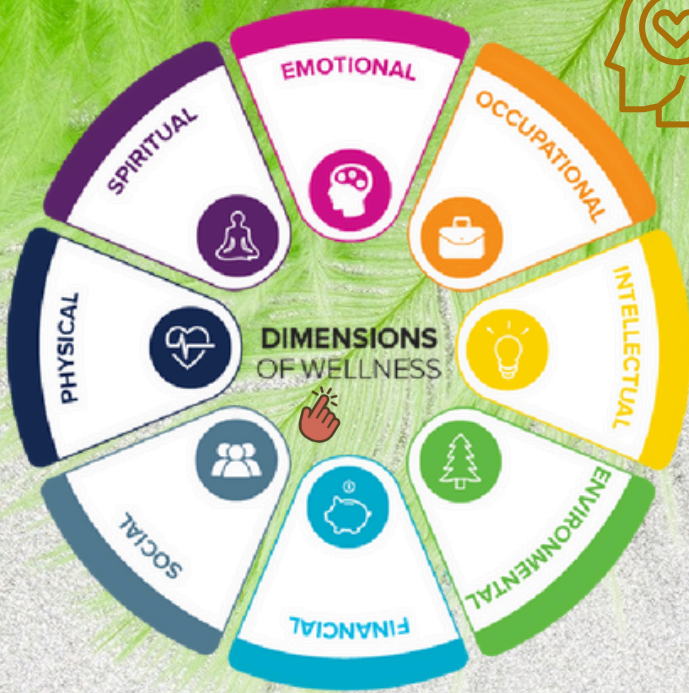
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CONT'D.

October 10

World

Mental Health Day



## Personal Wellness

### WELLNESS IN THE DCSD COMMUNITY IS A PRIORITY.

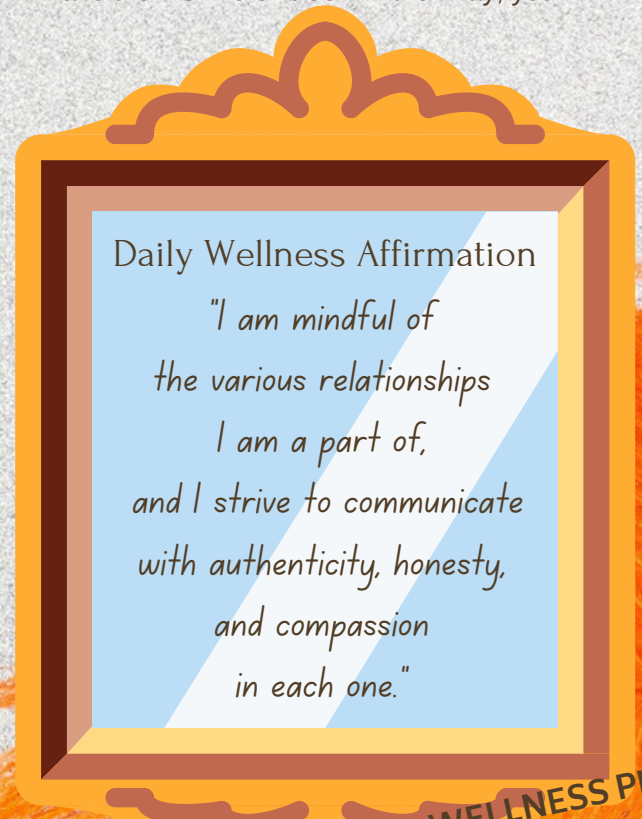
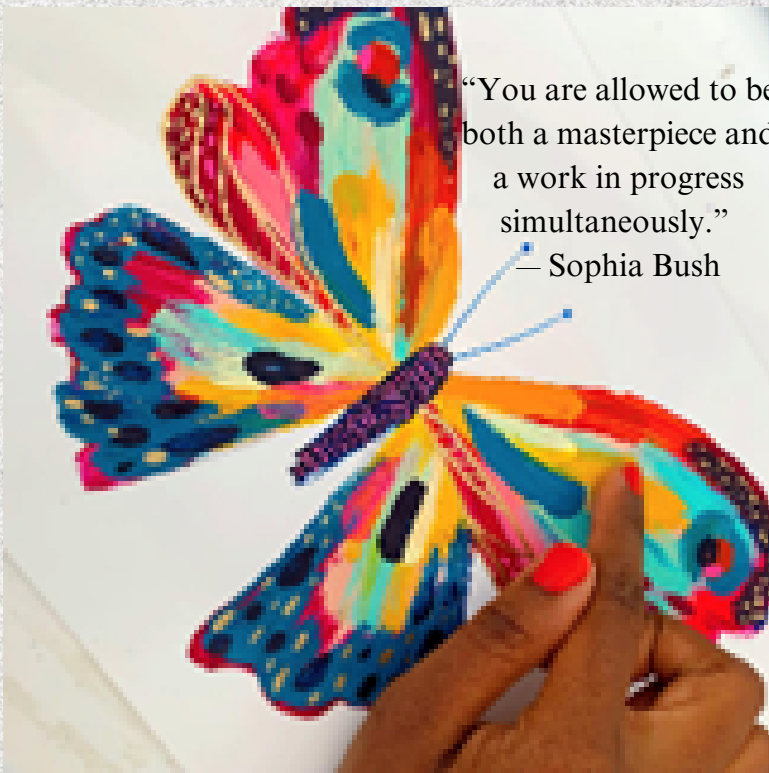
Managing ourselves in the 8 Dimensions of Wellness can easily be achieved in 5 minute blocks each day while at work or play.

## TAKE FIVE

### Relational Wellness Activities that Take 5 Minutes or Less

- Call or text a person in your contacts list and share a memory of them that you fondly think about. It will surprise and delight them and may lead to a great conversation.
- Compliment someone on a personality trait you've noticed in them. It will make them smile or blush. Either way, you win.

## Quote of the Month



STILL NEED A WELLNESS PLAN?  
HERE'S ONE!



## Did you know...

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

