

# 2021 WUSD WELLNESS WEEK

Support for Behavior, Social Skills, Emotional Well-being



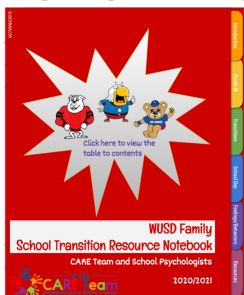
## WHAT'S YOUR BIGGEST PARENTING CHALLENGE?

We will answer questions like:

- How can I help my student adjust to the new schedule?
- My student and I battle when it comes to completing homework. What should I do?
- I am concerned about learning difficulties my student is experiencing. Who do I talk to? What should I do?
- My student lacks motivation to try new things or gets frustrated when things aren't perfect. How can I help?

[Click here to submit questions](#)

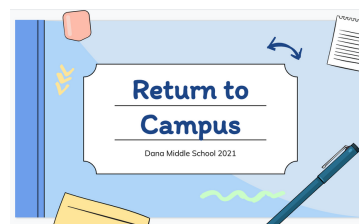
**Review virtual resources:**



[Elementary SEL Resources](#)



[Elementary Tips for School Schedule Transition](#)



[Dana M.S. Return to Campus Resources](#)



[Dana M.S. Parent Tips](#)

***Attend a live Q & A with the counselors and school psychologists to address questions about social, emotional, and behavioral concerns.***

### **Anza - 4:30 - 5:30**

*April 13th- TK/K & 1st Grade*

*April 15th- 2nd & 3rd Grade*

*April 16th- 3rd & 4th Grade*

[Click here for Anza registration](#)

### **Cabrillo - 4:30 - 5:30**

*April 13th- TK/K*

*April 15th- 1st Grade*

*April 16th- 2nd Grade*

[Click here for Cabrillo registration](#)

### **138th St. - 4:30 - 5:30**

*April 13th- 3rd Grade*

*April 15th- 4th Grade*

*April 16th- 5th Grade*

[Click here for 138th St. registration](#)

### **Dana M.S. - 3:00 - 4:00**

*April 13th- 6th Grade*

*April 15th- 7th Grade*

*April 16th- 8th Grade*

[Click here for Dana M.S. registration](#)

### **Spanish- All schools and grades**

*April 13th, 4:00-5:00pm- All schools/grades*

*April 15th, 4:30-5:30pm- All schools/grades*

[Click here for Spanish registration](#)

*\*Parents/caregivers may attend multiple sessions and/or attend a session that fits best with their schedule.*