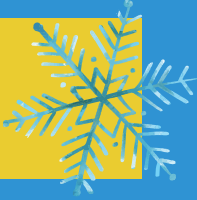


HAVERFORD SCHOOL DISTRICT

Produce a community of empathetic and resilient learners with skills to socially and emotionally flourish.



ELEMENTARY SPOTLIGHT

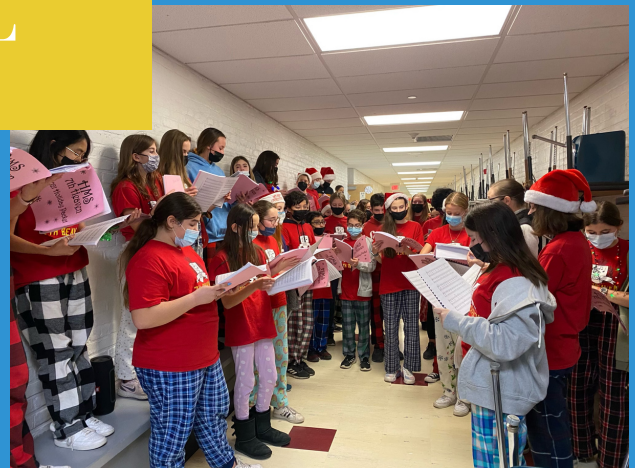


The first Friday of each month at Lynnewood is Bigs and Littles! Students in grades kindergarten, one, and two pair up with students in grade three, four, and five. The focus of this time is to build relationships while fostering social and emotional wellness.

MIDDLE SCHOOL SPOTLIGHT



Caroling in the halls around the school to spread joy and showcased student talent right before winter break.



HIGH SCHOOL SPOTLIGHT



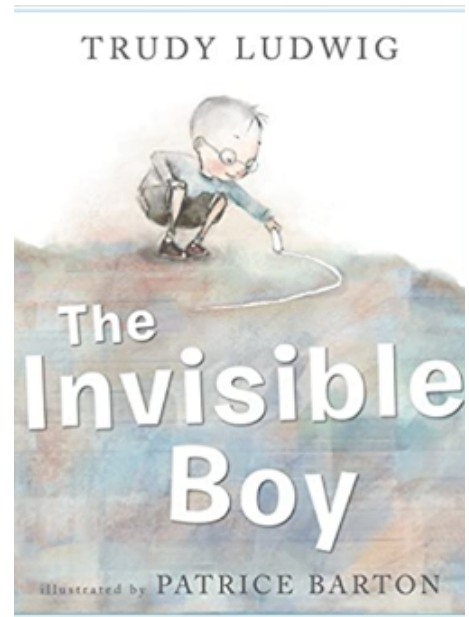
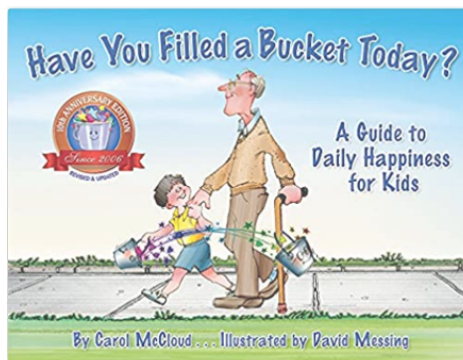
The PATH program packaged over 100 plastic bags for the homeless that included napkins, spoons, flip-top cans of soup, tuna, crackers, snacks, and water bottles. January's project is packaging blankets for the homeless.

ELEMENTARY SCHOOL UPDATE



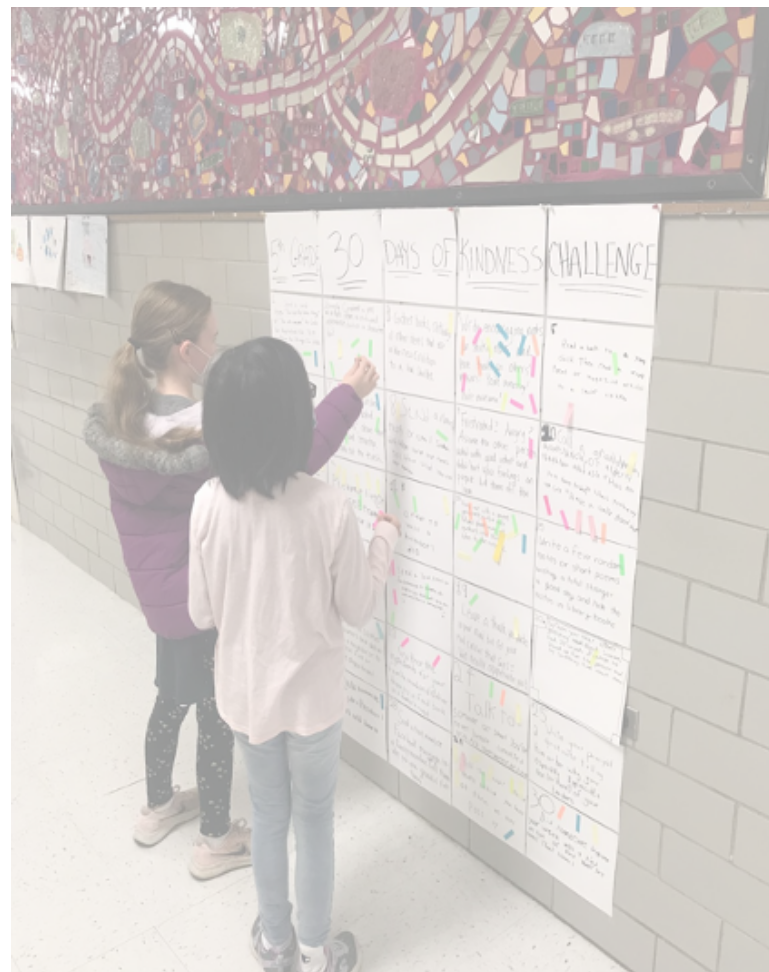
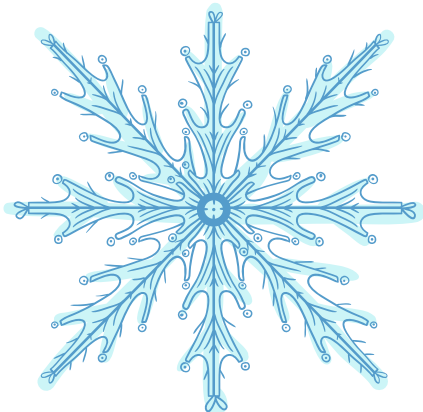
LYNNEWOOD

Ms. Pezick's third-grade class focuses on specific weekly social and emotional goals through read alouds during Morning Meeting. Two books they have recently enjoyed are: [Have You Filled A Bucket Today?](#) and [The Invisible Boy](#). Click on the links to have access to the stories.



CHATHAM PARK 5TH GRADE

Between Thanksgiving and Winter breaks, 5th graders participated in the "30 Days of Kindness" Challenge. Students filled the calendar with their acts of kindness!

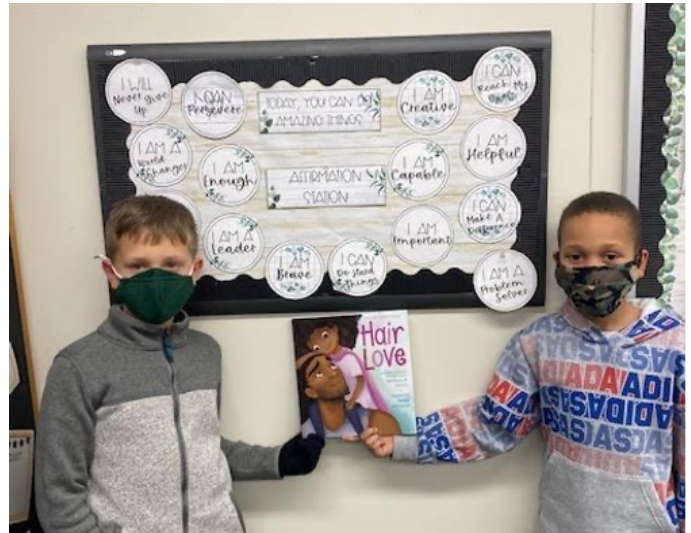


ELEMENTARY SCHOOL UPDATE



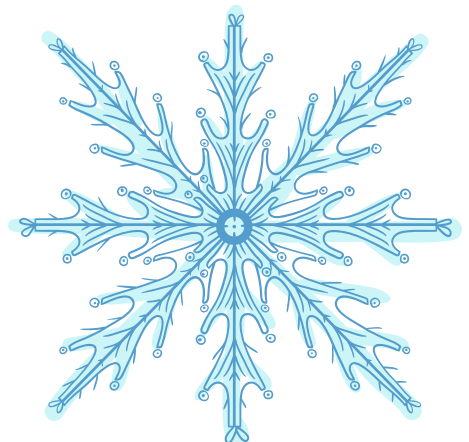
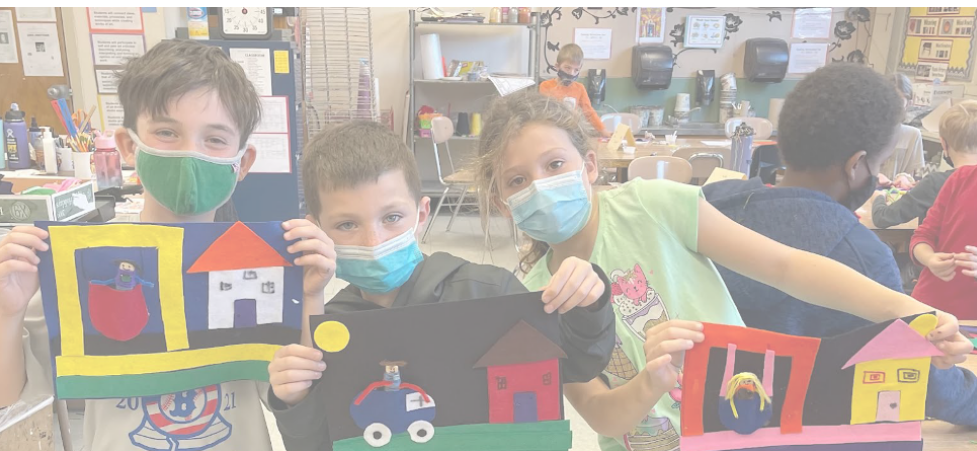
CHATHAM PARK 3RD GRADE

Mrs. Williams's third-graders read *Hair Love* by Matthew A. Cherry and shared things they love about themselves, what it means to be kind to ourselves and one another. They were reminded to take a minute to read through our "affirmation" statements anytime they're feeling like they need a reminder of how great they are.



CHATHAM PARK ART CLASS

Chatham Park Art Teacher Ellen Cohan and student teacher Meghan Palmer worked with 3rd graders to create worry dolls. Worry Dolls are inspired by the Guatemalan craft tradition of worry doll making and Chilean Arpilleras. The class read the book, *Silly Billy* by Anthony Browne and talked about things kids might worry about. The students learned that in Guatemala, Worry Dolls are made by female artisans from natural fibers and wire and are traditionally used as an SEL tool to help people of all ages with their worries.



ESTABLISHING ROUTINES

A Family Resource Guide from
the School District of Haverford Township

WHY?

Establishing routines and procedures early and reinforcing them often in the classroom develops a predictability that makes students feel safe. A safe environment sets up students for successful learning while also helping to reduce misbehavior and uncertainty within the learning environment. Other benefits include:

Creates a
positive and
safe
environment

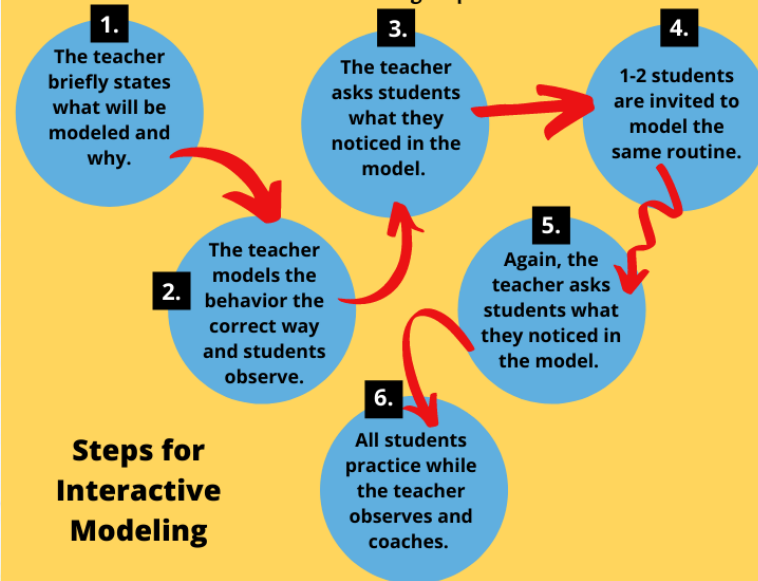
Maximizes
time for
learning

Fosters
students'
sense of
autonomy

Increases
motivation
and self-
esteem

HOW?

Teachers proactively examine what routines and procedures are necessary for a safe and productive learning environment. During the first weeks of school, they explicitly model and reinforce these routines through a practice known as Interactive Modeling.



WHEN?

It is important to establish routines and procedures throughout the instructional day. Interactive modeling can happen at any point - in classrooms and shared spaces - anywhere where students will need to demonstrate expected behaviors. Routines and procedures are then reviewed and practiced as needed.

WHAT?

Examples of routines or procedures that are often modeled and established:

- ~ arrival and dismissal
- ~ lunch and recess
- ~ using technology
- ~ cleaning up
- ~ bathroom
- ~ transitions
- ~ asking questions
- ~ working in partners
- ~ independent work

"People can't live up to the expectations
they don't know have been set for them."

- Rory Vaden



WHAT ARE THE HOLIDAY BLUES?



In a survey on the Holiday Blues

64% say they are affected

and 24% say the holidays affect them a lot.



So, what are they?

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

This might include:

**Fatigue
Tension
Frustration**

**Loneliness or isolation
Sadness
A sense of loss**

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.



Tips for avoiding the Holiday Blues



Stick to normal routines as much as possible.

Get enough sleep.



Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.



Eat and drink in moderation. Don't drink alcohol if you are feeling down.



Get exercise—even if it's only taking a short walk.



Make a to-do list. Keep things simple.



Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.



Set a budget for holiday activities. Don't overextend yourself financially in buying presents.



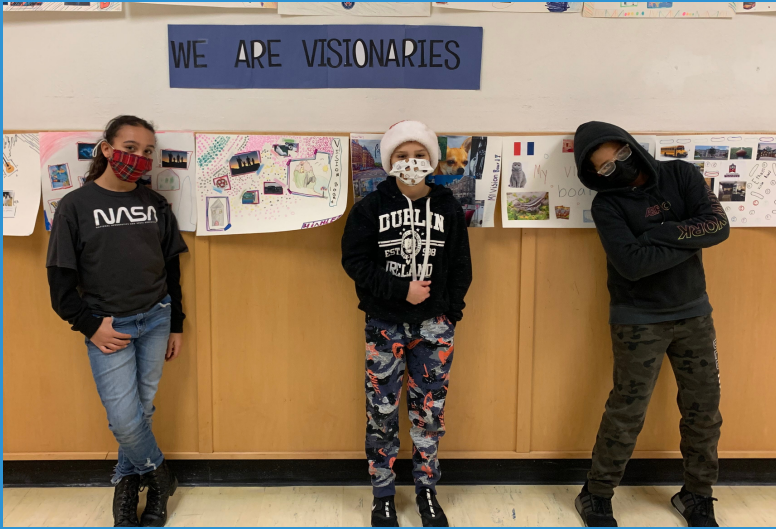
Listen to music or find other ways to relax.

Remember

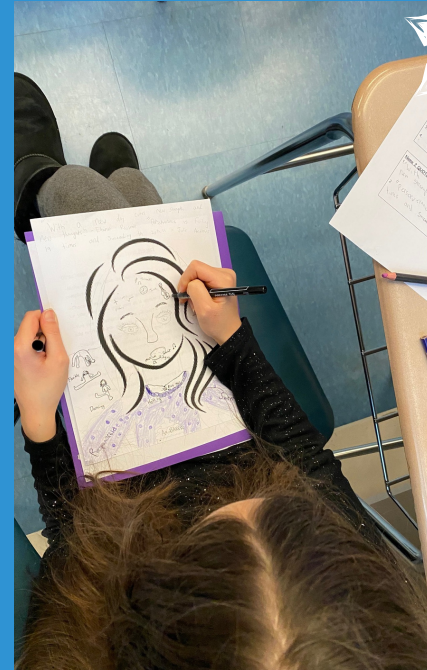
The holiday blues are short-term. Be patient. Take things week by week or day by day.

Learn more at <http://www.nami.org/holidayblues>

MIDDLE SCHOOL UPDATE



Above: Ms. Romano's advisory students have been working on vision boards. These students are goal setting and seeing how their classmates and teachers can help them achieve their personal goals. Right: Students in 7th grade Health class complete their self esteem project adding some artistic flair.



Bottom Right: Mrs. Barber's class collaborates to create recipes that fill the halls with delightful smells that the whole school enjoys.



High School Update

NHS held their annual holiday gift drive, to support families in our community. NHS was able to collect enough gifts to support 44 local families.

