JANUARY 2021

# SCHOOL NEWSLETTER

*Promoting Social and Emotional Learning*




## A FOUNDATION FOR SUCCESS

As we turn over the calendar year, we wish each of you a fresh start in 2021. While last year may not have been anything like we were expecting, we're hoping 2021 can deliver brighter days ahead. One key to successfully manage everyday life, even the curveballs it may throw at us, is having a solid foundation.

A solid foundation that is built for success, for ourselves, our students and our community. This solid foundation can be built through social and emotional learning, which can take place at school and/or at home.

Social-emotional learning, or SEL, is the process of learning the social-emotional skills that are essential for success in school, work, and life.

Join us as we prepare for the new year by building our foundation on life skills that will enable us to adapt, be resourceful, work well with others, and improve our overall well-being!

Here's to 2021 and may it bring peace, joy and, wellness!

# BUILDING A STRONG FOUNDATION

It's as easy as 1 2 3

## 1 DAILY/FREQUENT CHECK-INS

***Assign different emotions a color or a number and let the student/child pick which one most relates to them and have them explain why.***

## 2 MINDFUL BREATHING

***Take a deep breath in. Exhale slowly trying to blow the biggest bubble you can without exhaling too quickly and popping it.***

## 3 PRACTICE GRATITUDE

*(Focusing on the positive and showing gratitude has scientifically proven to improve physical and emotional health.)*

- ***What are 3 things you are thankful for today?***
- ***What are 5 positive things about yourself?***
- ***Who are 3 people you are thankful for today?***



Click me → **Winter Well-Being Videos**

## RESOURCES

### Feeding Program

sponsored by **Raising Arrows**

**Kids eat FREE!**

**Monday through Friday**

**3:00pm-4:30pm**

A hot meal can be picked up on a first come first serve basis. All locations will be drive-thru.

**Distribution Locations:**

- Carbon Hill Community Center
- Cordova Senior Center
- Sumiton Community Center
- Jasper Raising Arrows
- Jasper Housing Authority

### Day Camp

sponsored by **Raising Arrows**

**Kindergarten - 8th Grade**

**Monday through Friday**

**8:00am-5:30pm**

$75/week

**Includes:** Breakfast, lunch, dinner, snacks, wifi, homework assistance, and a fun safe environment.

more info: **myraisingarrows.com**