

## SELF-AWARENESS MATTERS

As we continue to improve our Self-Awareness skills this month, a big part of this process involves learning how to set and reach goals.

## SEL LESSONS

As part of the SEL Focus for this month students at Glover CLC will be receiving classroom lessons on topics including Understanding Emotions, Reacting to Problems Appropriately, Goal Setting, and Positive Self-Talk.

## WHY SEL?

Social Emotional Learning (SEL) can help all kids and adults thrive personally and academically, develop and maintain positive relationships, become lifelong learners, and contribute to a more caring, just world.

Casel.org



## SEL FOCUS FOR October: **Self-Awareness**

- Students in grades K-2 will: Identify personal interests and qualities.
- Students in grades 3-5 will: Identify personal strengths based on interests and qualities.



## CONNECTION TO THE PORTRAIT OF AN ELEMENTARY SCHOLAR:

### A Plan for the Future

“I will set daily, obtainable goals”

### A Plan for the Future

“I will explore careers that interest me”

### Ways to Practice at Home, School, & in the Community

- At the beginning of the day, think about something you want to do better than you did yesterday; think about your plan; ask for help if you need it; think of other long-term goals that can be set also

### Ways to Practice at Home, School, & in the Community

- Identify different workers that you notice each day; talk about some of the skills that workers need to do their jobs well

## TRY THIS AT HOME: **“Courageous Exploring”**

Reflect, think, and discuss with your student things you both would like to do, but find intimidating or scary. Maybe it’s a new hobby, trying a new game, sharing your art or invention with others, or going on an adventure somewhere.

Give 1 of these things a try together and take a selfie to capture the memory!

## IMPORTANT INFORMATION...

\* **10/10/24** Interim Pick Up 2:45 pm to 6:45 pm

\* Glover CLC’s fundraiser at [SchoolStore.net](https://www.schoolstore.net) will continue through the entire school year. Don’t forget to remind friends and family to continue to support our school

\* **10/28/24 9:30 am** Family Engagement Meeting with the Family Liaison at Glover to discuss starting a PTO



The SEL focus for October is **SELF-AWARENESS**.  
Our soft skills being highlighted from the Portrait of an Elementary Scholar  
are: I will set daily, obtainable goals; I will explore careers that interest me

All month long, talk as a family about the soft skills for this month. Look for examples of the skills being practiced in books, television shows, movies, in the community, and at home.

## PORTRAIT of an **ELEMENTARY** SCHOLAR



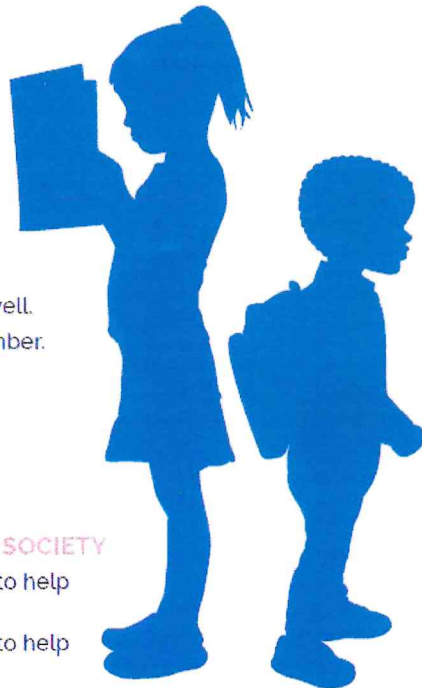
### SOCIAL SKILLS

- ▶ I am kind.
- ▶ I am respectful.
- ▶ I am a leader.
- ▶ I am confident.
- ▶ I communicate well.
- ▶ I am a team member.



### CONTRIBUTE TO SOCIETY

- ▶ I will take action to help in my home.
- ▶ I will take action to help in my school.
- ▶ I will take action to create a better and peaceful world.
- ▶ I will respect diverse views, races, cultures, and individuals.



### STRONG HABITS OF MIND

- ▶ I am persistent.
- ▶ I am flexible.
- ▶ I am creative.
- ▶ I am a problem solver.
- ▶ I am kind to myself.



### REAL WORLD SKILLS

- ▶ I will do my best.
- ▶ I will be on time every day.
- ▶ I will learn every day.



### A PLAN FOR THE FUTURE

- ▶ I will explore careers that interest me.
- ▶ I will set daily obtainable goals.

**I AM READY FOR MIDDLE SCHOOL!**