



SEL SPOTLIGHT

OCTOBER 2024



ETHICAL HABIT OF THE MONTH:

Kindness

Kindness: noun. noun. /'kaɪndnəs/ 1. the quality of being generous, helpful, and caring about other people.

KINDNESS & GRATITUDE

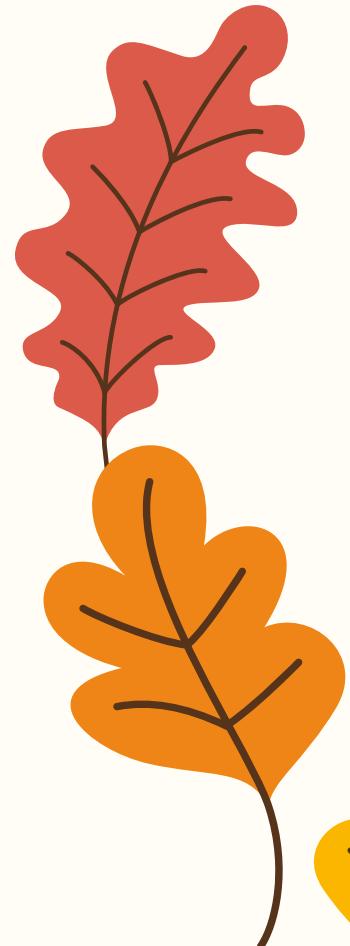
This year we spent two months working on showing Kindness to one another at Anne Hutchinson School. Just a few of our community's acts of kindness can be seen in the long chain that extends across the entrance to our school. This past Friday we gathered as a school Community for a HEART assembly to talk about how we can continue to show Kindness and to express Gratitude (which is the next month's ethical habit). We also distributed the next book of the month, "Not Norman" to every class so we can continue to share conversations about Gratitude.

The SEL Team wants use this as a opportunity to extend our Gratitude for the Kindness shown to the Anne Hutchinson Community over the last two weeks. We were aided by support staff from Bronxville, Tuckahoe & Rye City School Districts (just to name a few) as well as Southern Westchester BOCES. We were joined by all of our fellow School Psychologists from Waverly School, Greenvale School and Eastchester Middle & Highschool. We wanted to also extend an additional thank you to our colleagues (Melissa Schaer, Dr. Francesco Bello & Dr. Sarah Quintano) who spent the entirety of the week here with us and have continued to check in on both us and our students.

Our team will continue to be here to support students in whatever way they need in order to process and express their emotions safely. We will also continue to be here to support the children as we find ways to celebrate Arlene O'Neill's life and the impact that she had on Anne Hutchinson.

With Heart,

The SEL Team

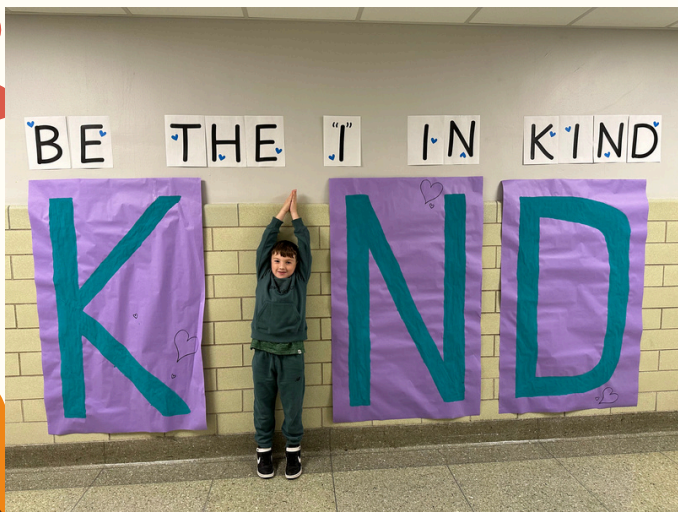


Resources for Families

- The National Association of School Psychologists (NASP) [Helping Children Cope With Tragedy](#)
- Child Mind Institute: [Helping Children Cope After a Traumatic Event](#)
- National Institute of Mental Health: [Helping Children and Adolescents Cope With Traumatic Events](#)
- MHA Of Westchester : [Get Help Now | MHA](#)
- [Mental Health & Addiction Services – The Guidance Center of Westchester](#)
- [Community Services & Family Support | The Arc Westchester](#)
- 24 Hour Crisis Assistance Hotline 914-949-8200

Some Books About Grief

- [Grief is a Snowflake: By Julia Cooke](#)
- [The Invisible String: by Patrice Karst](#)
- [Grief is an Elephant by Tamara Ellis Smith](#)



A Note:

Peaceful Living Mental Health Counseling in Scarsdale is offering up to 8 therapeutic sessions free or charge for any students or families that might need additional support during this time:

Peaceful Living Mental Health Counseling
188 Summerfield St.
Scarsdale, NY 10583
(914) 222-3983

Our HEART Assembly

Last week we had our HEART assembly to come together as a school community and talk about GRATITUDE which is our ethical habit of the month for November. Our Student Council Spirit Crew did an AMAZING job leading the assembly!

