

Weldon City Schools

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SEL Quarterly Newsletter

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BELONGING TO A GROUP (FOR TEACHERS)

Cultivate a sense of community by creating a warm setting and fostering collaboration (allowing some time for students to share ideas & goals and engage in friendly competition). You can also moderate a classroom chat for students to connect outside of instructional time.



ABILITY TO EXPRESS (FOR STUDENTS)

Participate in online discussions using parent-approved platforms to defend your ideas and opinions. You might also create your own blog or video blog (vlog) to chronicle and share your virtual learning experiences with others.



APPLYING LEARNING (FOR PARENTS)

Inquire about your child's virtual learning experiences. Ask them to use or explain how to use what they learned in real-world scenarios. Remember, it's not about what your children know—it's about what they can do with what they know!

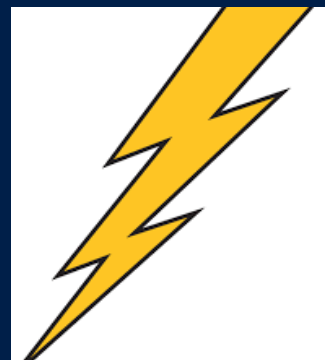
Source: Shiftlearning.com

GREAT NEWS!

While virtual learning may be a new feat for many, computer-based distance learning has been implemented for decades. Therefore, we can continually acquire valuable insight from successful distance learning programs to improve and refine our processes.

Studies show that our human brains are wired for social learning. Therefore, virtual learning environments provide abundant opportunities to meet students' (and educators') need for healthy, meaningful social interactions.

By modeling and reinforcing appropriate social behaviors, the teaching and learning experience is optimized for all stakeholders.



COMPILED BY: KRISSY P. MARTIN, AIG COORDINATOR / BT FACILITATOR
LAQUASHA Y. HUDSON, BEHAVIOR SUPPORT LIAISON

JUST
breathe

TEACHERS

Calm. Cool. Collected.

- **Calm:** Remain flexible. Remember to BREATHE. IF you panic, your students and parents will panic. Provide alternate activities for students just in case internet fails. You can keep everyone else calm by being clear and consistent in your communication and support of students, parents, and other staff members.
- **Cool:** You can be the cool teacher who makes learning fun and relatable by being innovative and creative. Use technology to your advantage by manipulating assignments to make them technology friendly.
- **Collected:** Be ALL in. In order for you to be ALL in, you must remember to practice self-care. Take the time to rest, relax, and rejuvenate. Prioritize time management and plan ahead for unforeseen technology glitches.

PARENTS

Relax. Relate. Release.

- **Relax.** Encourage distractions. Make it a priority to schedule down time, breaks, and fun activities as much as needed, to offer time to relax and rejuvenate.
- **Relate.** Know that we are all in this together. Disclose with others that how frustrating change can be. Research suggests that when individuals have someone who they can relate to, they will most likely be more successful in their endeavors.
- **Release.** Let go of all anxieties. Reset and Restart. Shift the spotlight, the battle is not in the technology glitches or the new changes, but in remaining calm, flexible, and motivated.

Reference: panoramaed.com

STUDENTS

Charged Up & Ready To Go

- **Charged Up:** Be open about your emotions and feelings about school. Find someone you can talk to about your stressors and feelings about the new changes with school. Remember to show compassion for your teachers and peers because they can have some of the same stressors that you may be experiencing. Also, remember to get a good night's sleep and manage your time so that you will be in class on time and have your assignments completed.
- **Ready To Go:** Once you are able to communicate your stressors, show compassion to others, and manage your time, you can now be the CHARGER that you are! You are ready to be resilient, which means determined not to allow anything to stand between you and your success this school year. Having this attitude is contagious and can rub off on others. Say this out loud: I am CHARGED UP & READY TO GO! (Repeat as much as needed and/or daily before classes begin.)



Reference: leadered.com

For More Info/Support, Contact:

Krissy P. Martin: pittmanmartin@weldonk12.org

LaQuasha Y. Hudson: hudsonl@weldonk12.org