

Weldon City Schools

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SEL Quarterly Newsletter

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BEST OF BOTH WORLDS (FOR TEACHERS)

You've taught in both a traditional and virtual setting. Now, it's time to mesh the two. Strengthen your areas of expertise by teaching your colleagues. Grow by seeking help/resources when needed. Plan meaningful and engaging lessons to yield the best learning outcomes. Revisit recent PD/training resources. You've got this!

BE FULLY PRESENT (FOR STUDENTS)

Whether you are returning to school for in-person learning or remaining virtual, be fully present during instructional time. Arrive to class on time and prepared. Take notes, ask questions, collaborate with your peers and complete all assignments on time. The success of hybrid learning largely depends on your engagement.

ENJOY QUALITY TIME (FOR FAMILIES)

The last 12 months of school have been very different for students. Spend time engaging in family-oriented activities. You might watch a movie, play a game, take a nature walk or talk about your day together. Whatever you do, enjoy special moments and create fun memories.



EARTH DAY 2021: Getting Involved

April 22nd is observed as Earth Day. Since the first Earth Day in 1970, 1 billion people in over 190 countries have mobilized for action on April 22nd. This year's theme is "Restore Our Earth." While the ways to celebrate Earth Day are endless, here are a few practical ways for students, families or schools to take part in the movement:

- Plant a tree in your yard or in a designated area with a community group.
- Ride your bike or walk instead of catching a ride or driving if weather and distance permit.
- Use a refillable water bottle.
- Unsubscribe to catalogs (that usually end up in the junk mail pile).
- Turn off the lights inside and head outside to read, play, eat lunch or enjoy some fresh air.
- Buy produce at your local farmer's market or grow your own to reduce the fossil fuel emissions caused by transporting food long distances.



Sources: earthday.org & teenvogue.com

PARENTS...*Spring Into Balance*

You are the Real MVP and we applaud you! Juggling work, remote learning, and your individual needs has been no easy task, but you have managed. Pat yourself on the back. You may find that there is little to no time to take care of yourself; however, here are some tips that will help you de-stress:

- **Honor Your Emotions:** Name, interpret, and appropriately communicate your feelings to a trusted friend. It is okay to communicate negative emotions so that you can manage them.
- **Elect Your Responses:** Mind your words. Think before you speak both in response to others and in committing to other tasks when your plate is already full.
- **Transform With Purpose:** Regroup and re-norm how you cope and manage your responsibilities. This may require creating a to-do list, creating a schedule, and including self-care on both lists.

Reference: loreamartinez.com/resources/

EDUCATORS...*Spring Into Self-Care*

Oftentimes, those inclined to serve others neglect to balance time for self-care. Self-care is not just a catchphrase but it must become a way of life if you intend to continue your duties with fidelity and excellence. Michelle Obama said, "We need to do a better job of putting ourselves at the top of our "to do" lists. Here are 5 tips to begin your journey to beginning self-care and making it a regular part of your routine:

- **Trim Your List:** Make a list of your top ten priorities and rank them in order of importance. After that, circle the top three items and allow yourself to focus on those that are most important.
- **Allow Yourself To Stop:** Always take those moments scheduled for lunch or break to actually take a step back, relax, and TAKE THE BREAK. Read an article in the magazine, watch a video clip, or just take time to BREATHE.
- **Embrace Vulnerability:** Find a trusted individual who you can share your emotions and feelings with. They just may have a story of triumph or word of encouragement for you.
- **Reach Out to Experts:** Don't be afraid to ask for help. None of us have the right answers and it's a great idea to reach out for help. There is a FREE Employee Assistance Program for Weldon City Schools Employees. The number is 800-633-3353
- **Pass Your Umbrella:** Ultimately, passing your umbrella means asking for help from someone why you allow yourself to rest and recover. Remember, you cannot shield those you care about from the "rain", when your "hand" is tired and "arm" is shaky.

Reference: casel.org

SCHOLARS...*Spring Into Action*

Breathe! You have officially been virtual students for a year now, You may have adopted a routine. You may be able to nap between classes, complete work when it is convenient for you, and have a shorter school day. Not only is school reopening and it is almost time for final assessments, Spring is here: that means more daylight, warmer days, blossoming flowers, and brighter colors! This may cause you to shift into relaxation mode. But don't switch to chill mode just yet! Now is the time to prepare to finish strong! Here are some tips on how you can combat Spring Fever:

- **Challenge Yourself:** Set a SMART Goal and crush it
- **Manage Your Time:** Ask your parent if you can create a schedule to complete work and have time for breaks. This will motivate you to stay on task until it is time for your break
- **Reward Yourself:** After you have challenged yourself and been successful in the challenge, ask your parent if you can have some time outside or doing something that you enjoy.

Reference: morningsidecenter.org



For More Info/Support, Contact:

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