Rosemead School District SEL Newsletter

September 2025





Greetings Rosemead Family! We hope you had a spectacular September and are ready to have an outstanding October! As we step into “spooky season,” we often have fun with things that give us a playful scare—like ghost stories, costumes, or creepy (but fake!) bugs. But sometimes, the things that scare us most aren’t so obvious. Have you ever felt nervous about asking for help? Meeting new people? Or finding out the results of a tough math test? These moments take **courage**, and we show it every day—often without even realizing it. Remember, you are brave simply by growing, learning, and trying. And the best part? You never have to face your fears alone. Many others around you have felt the very same way. Let’s lean on each other and not let fear stand in the way of accomplishing something great this October!

Sincerely,
Your Rosemead School Psychologists



Habit of the Month

Courage

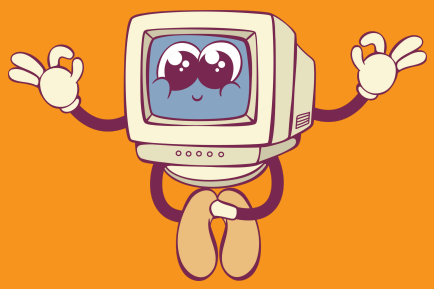
What is courage?

Courage means being brave enough to do something, even if it feels a little scary or hard. It doesn’t mean you’re not afraid – it means you try anyway! Courage can look different for everyone. For some, it’s raising their hand in class, making a new friend, or trying out for a team. For others, it might be telling the truth, standing up for someone, or asking for help when they need it. Courage is like a muscle—the more we use it, the stronger it gets!

How can I practice being courageous?

- Try something new, even if you’re not sure you’ll be good at it.
- Ask a question in class when you don’t understand.
- Introduce yourself to someone you’d like to be friends with.
- Stand up for yourself or for others in a kind way.
- Admit when you’ve made a mistake and try again.
- Share your ideas, even if you feel a little nervous.
- Ask for help when you need it.
- Keep going when something feels challenging instead of giving up.

I am brave

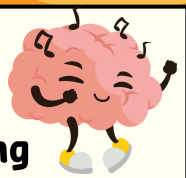


calm CLICKS



Check out these links to practice some mindfulness or learn more about our habit of the month!

music for the mind



Here are some tunes about being courageous and brave! What song helps you feel courageous?

mindful breaks



Need a short break to reset your mind or just want to practice being mindful? Click these!

let's learn more!



Let's learn more about our habit of the month!

check this out!

Scary stories aren't everyone's favorite, but sometimes it can be fun when we know it isn't real! Check out these scary stories for kids!



Rosemead School District's HEARTS & MINDS EXPO

A community wellness event for families

We had a very successful Hearts and Minds Expo last month! If you were not able to attend or if you missed making a connection with one of our community partners, check out the information below!

Foothill Family provides comprehensive, evidence-based services that are tailored to meet the unique needs of each individual and family they serve. Services include Early Childhood Development, Mental Health Care, School-Based Services, and Youth and Family Services. To learn more please visit https://www.foothillfamily.org/ or call (626) 993-3000

Pacific Clinics delivers high-quality behavioral health care and social services to advance mental well-being for Californians of all ages. Services include Peer Support and Rehabilitation, Prevention and Early Intervention Services. Substance Use Disorder Treatment, and the local Asian Pacific Family Center. To learn more please visit https://www.pacificclinics.org/ or call (877) 722-2737

The Rosemead Library is our local branch of LA County Library and offers a great space to explore, read, do homework, or access the internet. Services include Early Learning and Engagement events, a Self-Serve Homework Center, and a Tool Lending Library. To learn more please visit https://lacountylibrary.org/location/rosemead-library/ or call 626) 573-5220

Interested in playing Little League Baseball? After school sports are a great way to build social skills, self-discipline, and make new friends! To learn more visit tcall.org or call (626) 235-0104

CORE's HEART program provides important public health information and free referral services to help community members in the San Gabriel Valley. They connect people with local resources including food pantries, legal aid, and after-school programs, and can help apply for things like CalFresh (food stamps), Medi-Cal, or other benefits. Please visit coreresponse.org for more information

Maryvale is Los Angeles' oldest children's charity and one of San Gabriel Valley's longest-running providers of child and family services for the underserved. Services provided include early education and after-school programming, mental health and wrap-around services, community education, short-term transitional housing for various populations in need, and will soon offer outpatient substance abuse treatment for children and teens. Visit maryvale.org or call (626) 280-6510 for more information.

NAMI San Gabriel Valley provides ongoing facilitated support groups and periodic 8-week classes for individuals living with a mental health diagnosis, and for family members and friends of those living with mental illness. They offer outreach programs for schools, community groups, and advocate for state laws and public policies to improve the lives of those living with mental illness. Visit https://namisangabrielvalley.org/ or call 626-365-0365 for more information.



October is National Bullying Prevention Month. As a school community, we want to encourage everyone to stay informed about the signs of bullying, the impact it can have, and what to do if you see it happening.

The Centers for Disease Control and Prevention (CDC) defines bullying as behavior that is:

- Unwanted: The behavior is not wanted by the victim.
- Aggressive: The behavior involves some form of aggression, such as physical force, threats, or intimidation.
- Repeated: The behavior happens more than once or has the potential to happen again.

Acts of bullying may involve physical contact, words or gestures, or social exclusion. Bullying can happen in person or online.

The signs of bullying include:

- Physical signs: bruises, cuts, torn clothing, missing items
- Emotional signs: changes in mood, withdrawal from friends and activities, anxiety, depression
- Behavioral signs: aggressive behavior, changes in eating or sleeping habits, truancy
- Social signs: being excluded from activities, being made fun of or called names

If you see bullying happening, it's important to do something. Here are some things you can do:

- Talk to the bully and tell them to stop.
- Talk to the victim and offer your support.
- Report the bullying to a trusted adult, such as a teacher, counselor, or parent.

If you or someone you know is being bullied, there are resources available to help:

The National Bullying Prevention Center

The Trevor Project

StopBullying.gov

Together, we can create a safe and supportive school community for all students!



October marks National Substance Abuse Prevention Month, a time to focus on prevention efforts and recognize the support available in our community. It's also a moment to honor the over 20 million Americans battling addiction, remember those lost to it, and celebrate the resilience of those in recovery, along with the friends and family who stand by them.

Preventing substance use begins with open conversations with our students about the effects of substance abuse on their health. Research shows that early use of substances like alcohol, tobacco, or drugs significantly increases the risk of addiction. Every year that substance use is delayed during adolescent brain development reduces the risk of addiction.

Here are resources to help raise awareness about substance use and where to find help in our community:

- SAMHSA's "Talk. They Hear You" Campaign: Empowering adults to steer children away from the risks of alcohol and drugs.
- Natural High Foundation: Nationally recognized motivational storytelling videos of celebrities explaining why they live a drug-free life. Follow-up discussion guides and activities included.
- Harvard Medical Blog's Tips for Talking with Your Teens: Guidance for parents and educators on discussing drug use with youth.
- National Institute on Drug Abuse's Resources: Providing critical information for parents and educators on substance use and effective communication.

If you or a loved one is struggling, Care Solace is here to help. This complimentary service is available to the Rosemead School District community. We encourage you to visit their Substance Abuse and Bullying Prevention resource page, where you'll find videos and activities to share and use at home.

As a community, we are committed to the emotional and physical well-being of each individual, and encourage you to access the resources available to you should a crisis arise.

Together, let's break the cycle of youth substance abuse and encourage healthy living where kids are empowered to live a healthy, balanced life.



Approximately one in five children in the U.S. will experience mental illness at some point in their lives (source: CDC). World Mental Health Day, observed annually on October 10, aims to raise awareness and mobilize support to improve mental health on a global scale.

To ensure that every member of Rosemead School District has access to the mental health resources they need, we have partnered with Care Solace, a trusted care coordination organization that specializes in connecting individuals with mental health care providers. This partnership reflects our commitment to providing you with the support and resources necessary to navigate mental health challenges effectively and confidentially.

How Care Solace Can Help:

- 24/7/365 Availability: Care Solace offers around-the-clock care coordination services to help you find a mental health care provider that meets your specific needs. Whether it's for your child, a family member, or yourself, Care Solace is here to assist you.
- Confidential and Complimentary: The services provided by Care Solace are completely confidential and free of charge for all students, staff, and their families within our district. Your privacy is respected, and your information will be handled with the utmost care.
- Personalized Support: Care Solace can help you navigate the mental health care system by matching you with appropriate providers, whether you need counseling, therapy, or substance use treatment. You can search for services on your own or request assistance through video chat, email, or phone.

How to Access Care Solace:

- Call: Reach out to Care Solace directly at 888-515-0595. Multilingual support is available 24/7/365.
- Online: Visit www.caresolace.com/rosemead. You can either search for services independently or click "Book Appointment" for personalized help.

We believe that mental health is essential for our students to thrive academically and personally. By providing access to these vital resources, we hope to create a supportive environment where everyone in our community feels empowered to seek the care they need.

If you or someone in your family is facing mental health challenges, please do not hesitate to utilize Care Solace's services. Together, we can ensure that our school community remains strong, healthy, and resilient.

Thank you for your continued support and commitment to the well-being of our students.