

# Social Work Matters



Fostering the connection between home, community, and school.

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## WELCOME BACK TO SCHOOL!

by Emma Capps and Kris Ermeti

From traditional schooling to at-home virtual learning, we have all been adjusting to a new "normal" in the midst of the global pandemic. School staff, students, and their families made the best of the unexpected situations.

With the 2021/2022 school year, we start a new chapter together. The start of the year has potential to bring happiness, relief, and excitement, but it may also bring feelings of anxiety, worry, and hesitancy. Your school social worker can help with your child's transition back to the school routine.

We look forward to working alongside the students and families of School City of Mishawaka.



# LEADER IN ME: 7 HABITS OF HEALTHY KIDS

Social emotional learning rose to a new level of importance due to the pandemic, establishing connections was challenging. As a district, we introduced "The 7 Habits of Healthy Kids," adapted from Stephen R. Covey's "The 7 Habits of Highly Effective People." Lessons are taught to all grade levels to establish a common language among students and staff.



The 7 habits teach 21st century leadership and life skills and helps create a culture of student empowerment based on the key idea that every child can be a leader.

Throughout the year, students will participate in weekly lessons/activities that align with the 7 habits. As a social work team, we will send monthly updates including tips so that you can practice using the language at home with your child.

- **Habit 1:** Be Proactive (You're in Charge)
- **Habit 2:** Begin With The End in Mind (Have a Plan)
- **Habit 3:** Put First Things First (Work First, Then Play)
- **Habit 4:** Think Win-Win (Everyone Can Win)
- **Habit 5:** Seek First to Understand, Then to Be Understood (Listen Before You Talk)
- **Habit 6:** Synergize (Together is Better)
- **Habit 7:** Sharpen the Saw (Balance Feels Best)

## RESOURCES & REMINDERS

Please contact your school's social worker if you are interested in receiving weekend food packs, clothing, and/or school supplies.

***"Respect your parents. They passed school without Google."***