

SEL SPOTLIGHT

OCTOBER 2025



ETHICAL HABIT OF
THE MONTH:

Courage

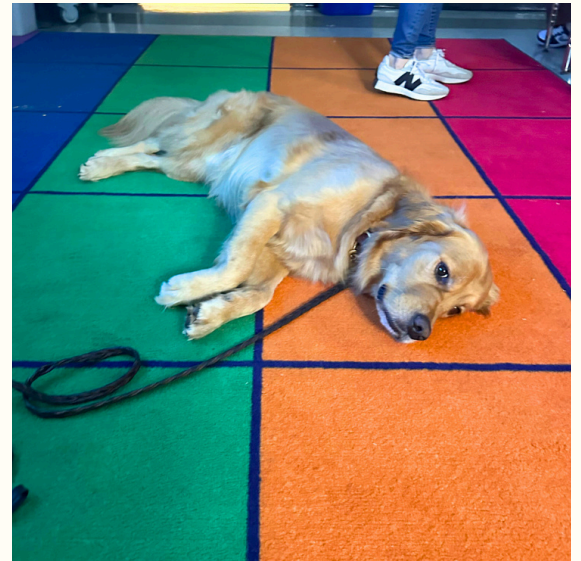
Hello Families,

This month, our school community is focusing on the ethical habit of Courage. At our HEART assembly our HEART Ambassadors performed skits about doing things that may make us nervous, like answering a question in class even when we don't know the answer. They also showcased how courage can be doing what's right, even when it's hard or when others may not agree. October is National Bullying Prevention Month, so lessons and activities discussed how Courage can be a tool to prevent bullying. By showing courage, students are showing HEART by helping others and acting responsibly. As part of our classroom learning, students read the story "Stand Tall, Molly Lou Melon" by Patty Lovell. This book explores the theme of courage and how Molly stood tall even when others tried to bring her down. Classes discussed how Molly Lou Melon showed bravery and confidence, and students shared ways they can show courage in their own lives whether it's trying something new, standing up for a friend, or doing the right thing even when it's difficult.

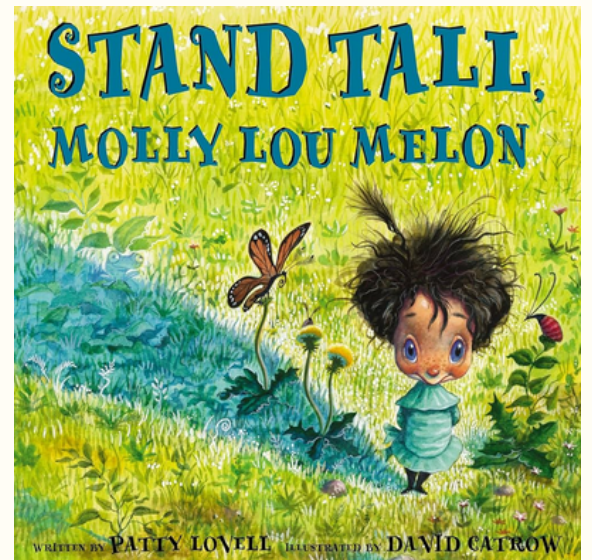
As part of our PBIS (Positive Behavioral Interventions and Supports) framework, students were acknowledged for demonstrating courage in their classrooms, during specials, and throughout the school day. Families can continue to reinforce by talking about times when you or your child have shown courage, encouraging your child to try something new or discussing how to be a supportive friend and upstander when others need help.

Together, we can help students build the confidence and character to make our school a kind, inclusive, and courageous community. Thank you for your partnership in supporting social and emotional learning at home and at school!

The SEL Team



BOOK OF THE MONTH:



RULER REVIEW

This month students continued to review the Mood Meter and the key components of RULER. As a reminder to families, we use the RULER approach to help students recognize and manage their emotions in healthy, positive ways. RULER stands for five key skills: **Recognizing** emotions in yourself and others by noticing facial expressions, body language, and tone of voice. **Understanding** emotions and knowing what causes them and how they affect thoughts and actions. **Labeling** emotions with accurate and helpful words (like “disappointed,” “excited,” or “nervous”). **Expressing** emotions in ways that are appropriate and respectful. **Regulating** emotions by using healthy strategies to manage feelings and handle challenges. Our goal is that by practicing RULER, students will continue to learn how to: Communicate their feelings effectively, build empathy and stronger relationships, stay focused, make thoughtful choices and ultimately develop confidence and resilience!

Giving Retriever

Our continued work with Giving Retriever is underway in all of our classrooms at Anne Hutch! Students have been working collaboratively and practicing life skills such as focus, concentration, patience, teamwork and cooperation. Classes have also been discussing our ethical habit of the month...Courage!



Community Connections

This month, our students worked together to design and decorate their own Haunted Houses using creativity and teamwork. This activity encouraged social skills such as teamwork and communication as students shared ideas, made choices together, and celebrated their spooky creations. It was a wonderful opportunity for our students to build connections and practice cooperation, and enjoy a fun activity!

