

SEL & PERSONAL WELLNESS



DECEMBER 2023

NEWSLETTER

Social Emotional Learning for Life

Welcome to the DCSD SEL & Personal Wellness Newsletter. This is our monthly forum for making SEL a part of our daily lives from the classroom to the living room. Click on the links provided for more information on integrating SEL into the lives of our school community throughout each day.

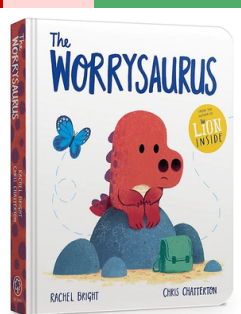


COUNSELOR'S CORNER

DECEMBER SEL FOCUS:

As the first semester comes to an end, our school counselors have been dedicated to improving the social-emotional learning skills of our students. Throughout the year, they have covered various lesson themes, such as growth versus fixed mindsets, modeling respect, and demonstrating empathy toward peers and others. This December, the counselors are revisiting previous lessons to provide additional support and equip students with interventions and strategies to navigate the winter break, which can be potentially difficult for some. If you would like to hear more on “Brushing Away Holiday Blues with SEL”, please click below.

[Brushing Away the Holiday Blues with SEL](#)



Book of the Month

The Worrysaurus, by Rachel Bright and Chris Chatterton, is a story about a young dinosaur whose thoughts can quickly get out of hand and cloud his day. Find out what simple thing he did that made those gloomy clouds go away so he could enjoy his day.

Click here for a live reading of the book:

<https://www.youtube.com/watch?v=VCyihI2SJU>

SEL FOR LEADERS AND STAFF

Principals Need Social-Emotional Support, Too—for schools to flourish, districts must consider the well-being of their leaders.

By Denisa R. Superville

“...K-12 districts were proud of their efforts to weave social-emotional learning into the fabric of their schools. But they seemed to have overlooked a very important group in the process: principals—the people who set the tone and climate in schools and on whom the success of any school-based initiative rests...” Read the full article here:

<https://www.edweek.org/leadership/principals-need-social-emotional-support-too/2021/09>

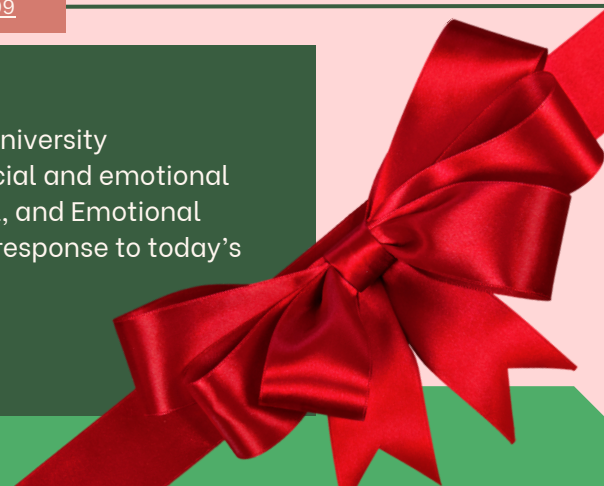
PROMOTING SEL AT HOME

Let's Talk SEL...For Parents and Caregivers from Parent University

“...As children adjust in the post-COVID world, supporting their social and emotional health is critical. CASEL (the Collaborative for Academic, Social, and Emotional Learning) offers a ton of resources that address how SEL acts as a response to today's circumstances...” Read the full article here:

<https://parents.grps.org/article/what-is-sel/>

www.dekalbschoolsga.org/sel



SEL & PERSONAL WELLNESS, CONT.

Personal Wellness

Wellness in the DCSD community is a priority. Managing ourselves in the 8 Dimensions of Wellness can easily be achieved in 5 minute blocks each day while at work or play.

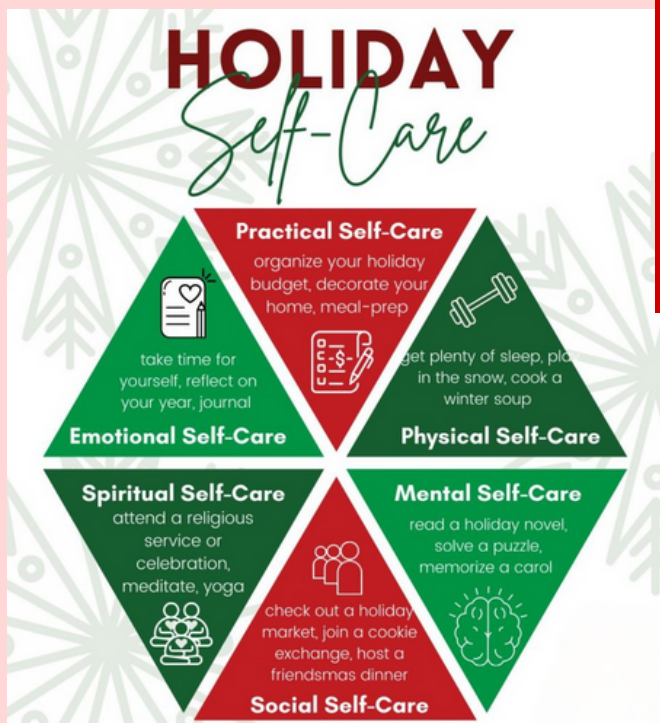
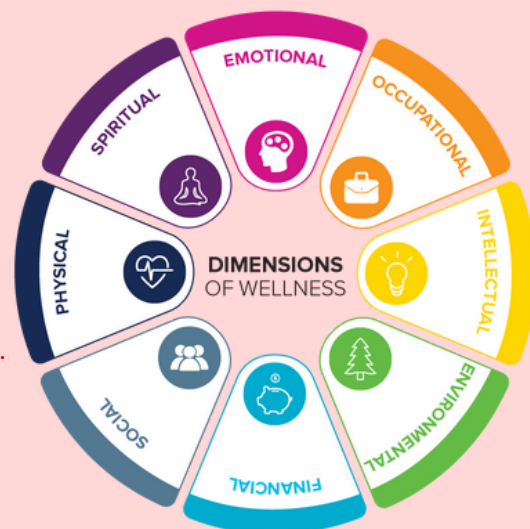
TAKE 5

Occupational Wellness Activities that Take 5 Minutes or Less

- Set an alarm at 10:15 am and when you hear the reminder, no need to stop what you are doing, just mindfully take three deep breaths.
- Take a moment to reflect on why you became an educator and share with a colleague.

Daily Wellness Affirmation

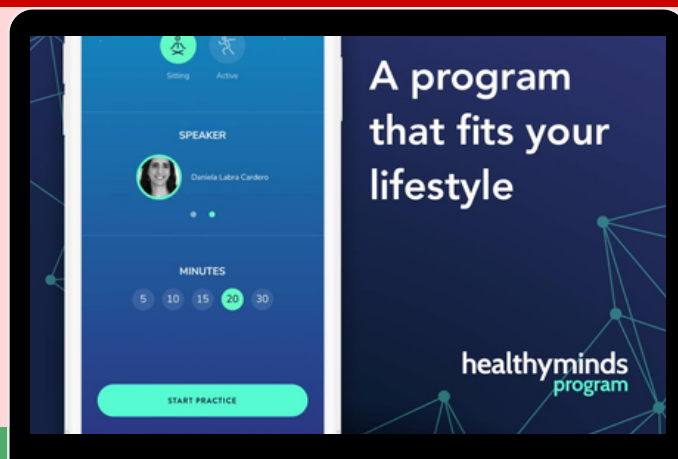
“I practice occupational wellness by honoring my emotions and expressing myself as authentically as I can in the workplace.”



App of the Month

The **Healthy Minds Program** app is your easy-to-use guide for well-being. Powered by science, it features podcast-style lessons that help you tap into learnings that lead to a happier, healthier you. This app is free to all and benefits both teachers and students.

<https://hminnovations.org/meditation-app>



Something to Remember:

“Self-care is not an indulgence. Self-care is a discipline.

It requires tough-mindedness, a deep and personal understanding of your priorities, and respect for both yourself and the people you choose to spend your life with.”

–Tami Forman

Did you know???

DCSD posts **#WellnessWednesday** tips on our Twitter page, click the icon to follow.

