

SOCIAL EMOTIONAL NEWSLETTER

August 29, 2022

Parenting quick tips of the week:

This week students start their first SEL lesson in Seminar class on Thursday. The first topic is Developing Positive Relationships. Please take a moment to check out this 7th grader, Lucy Androski, talk about what it's like to be a teenager.



SEL Lesson Connection

This week students began learning about developing positive relationships. They learned relationships are all around us, with teachers, parents, siblings, bus drivers, and each other. This week's essential questions are: 1) Why are relationships important in life? And 2) How will developing positive relationships help you in school? Over the next few weeks our SEL lessons will help students identify and navigate healthy relationships. Students began this week's unit by identifying traits they see in a "true friend" and to identify events or actions which can end a true friendship. Students were then asked to combine this learning to hypothesize how they can maintain meaningful relationships. Students will continue this learning next week.

Need more support?

The [WJMS Mental Health Team](#) understands raising pre-teens and teens can be challenging at times. We are always here to help! Please feel free to reach out for more tips, direct support, community mental health resources, and much more! ¹

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