

# SOCIAL EMOTIONAL NEWSLETTER

September 19, 2022

## Parenting quick tips of the week:

**RESILIENCE1220**  
PRESENTS

**THE UPSTANDERS**  
FILM SCREENING

A documentary about **resilience** and the power of **connection** to eradicate bullying  
Discussion Panel after the film

**OCTOBER 6TH, 2022** | **AT THE WEST JEFF MIDDLE SCHOOL**  
5:30-7:45 PM  
(film is 1.25 hours long)

RESILIENCE  
CONNECT ABOUT THERE

TEAM EVERGREEN  
CYCLING

To reserve your spot  
go to [R1220.org](https://R1220.org) or  
scan the QR code

Please join us on October 6, 2022 from 5:30pm-7:45pm for a film sponsored by Resilience 1220. *The Upstanders* is being screened and followed by a panel discussion hosted by mental health professionals. We hope you will join us for the valuable film about resilience and connection.

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## SEL Lesson Connection

This week students started a new unit about problem solving. Over the next two weeks students will learn the problem solving model “S.O.L.V.E.”: **S**(stop and think) **O**(bjectively state the problem) **L**(ist the possible outcomes and solutions **V**(oice your choice and act) **E**(valuate and adjust). SOLVE is not only an acronym but also includes questions to help students work through problems they are experiencing.

**Stop and think** - What am I feeling? How can I get ready to problem solve?

**Objectively state the problem** - What is the problem from each person’s viewpoint?

**List possible solutions options and outcomes** - What are some solutions? What are the likely consequences of each solution?

**Voice your choice and act** - What is the optimal solution? How should I/we act on it?

**Evaluate and adjust** - Is it working? If not, what can I /we do now?

Students also learned how to use “I” statements this week. This tactic is especially useful when dealing with conflict as it helps all parties remove emotions from the situation. Practice converting these “you” statements into “I” statements at home with your student:

1. You hurt me when you don’t call when you say you will.  
a. Changes to: I feel \_\_\_\_\_ when \_\_\_\_\_.
2. You disrespect me.  
a. Changes to: I feel \_\_\_\_\_ when \_\_\_\_\_.
3. You make me crazy when you make jokes about me.  
a. Changes to: I feel \_\_\_\_\_ when \_\_\_\_\_.

## 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! <sup>1</sup>

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