



# RethinkEd



# NEWSLETTER

DECEMBER  
2024

## SEL Topic of the Month

### SUPPORT SYSTEMS

Students will learn how to manage stress and identify their support systems as they head into Winter Break. While the holidays can be a joyous time for many, it can also be a very stressful time of year for some students and families. When students are on break, they will need to identify support systems that they can lean on outside of school.

### MINDFULNESS PRACTICE FOR EDUCATORS

In this one-minute exercise, you'll focus on taking a **simple breath**. To learn more, click below!

### MEDITATION PRACTICE



## Celebrations

Congratulations to **Poindexter Lamotte Elementary School** for completing an in-person professional development session for all staff!  
Way to go!

## Reminders

Take a moment to appreciate all that you accomplished this semester. Ask yourself:

1. How did I build relationships with students and coworkers this semester?

## Upcoming

- Fall Student Self-Assessment window closes January 31st, 2025
- Stay tuned for our spring competitions with PRIZES for campuses!

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