



# JANUARY SEL NEWSLETTER

## JANUARY SEL TIPS & TRICKS

### CELEBRATIONS

Congratulations to **Jones Primary Center** for scheduling a PD with the RethinkEd team to train staff on how to use RethinkEd! This will set teachers to be set up for success as they use SEL curriculum!

### REMINDERS

Please view January's 5-minute Pocket PD for instructions on how to successfully implement SEL using RethinkEd. [POCKET PD 5](#)

### TOPIC OF THE MONTH

This month, the Mindfulness & Self Compassion Student Lesson Scope and Sequences go live! Find it on the [landing page](#)! Our **Family Workshop will be on Focus this month**. Join us as we dive into the factors that can affect focus as well as the strategies and self-monitoring techniques we can use to re-focus ourselves. These skills are useful for adults and students! Be sure to share the Family Workshop flyers when we send them out later this month!

Have more questions?  
Get in touch with us at  
[TeamLA@rethinked.com](mailto:TeamLA@rethinked.com)

We wish you a Happy New Year and an exciting new semester!

As you welcome your students back, you may notice some students need reminders of routines and procedures! You may review our **Self Control Scope and Sequence from September** to help reset!

You may also try using our **community building activities** to help students rebuild their connections in the classroom!

- [K-2 resources](#)
- [3-5 resources](#)

Check out our updated **Open Lab Schedule here!**

[OPEN LABS REGISTRATION](#)