



# JANUARY SEL NEWSLETTER

## CELEBRATIONS

Congratulations to **Mayra Castillo** from **Angelou Community High School** for ensuring parents had access to the Caregiver Workshop! **Jordan High School** staff has also been working hard to double their student's completing the SEL Self-Assessment!

## 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)

## JANUARY SEL TIPS & TRICKS

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

As you welcome back your students into the new semester, you may notice some students have forgotten routines and procedures! Feel free to review our **Self Control Scope and Sequence from September** to help reset the tone!

You may also try using our community building activities to help students rebuild their connections in the classroom! Find them [here](#):

### Community Building Activities

Check out our updated Open Lab Schedule [here!](#)

[OPEN LABS REGISTRATION](#)