



RethinkEd



NEWSLETTER

NOVEMBER
2024

SEL Topic of the Month

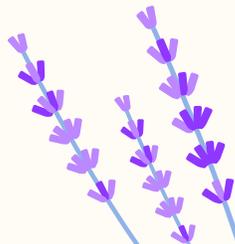
SELF-EFFICACY AND GRATITUDE

This month, SEL lessons focus on self-efficacy and self-knowledge to help remind students what they are capable of and express gratitude for their strengths as they head into Fall Break.

MINDFULNESS PRACTICE FOR EDUCATORS

In this exercise you can focus on wishing yourself and others well. Think about those in your life that you care about (including yourself) and devote some time to sending good wishes!

MEDITATION PRACTICE



Celebrations

We want to recognize these awesome campuses for hosting watch parties for families to view our October Family Workshop!

Carver MS * Bancroft MS
Cochran MS * LA Academy
Louis Armstrong MS
Wright MS



Reminders

Your LA based Professional Services team is here to provide one-on-one, grade-level, and school-wide SEL implementation support.

We'd love to connect! Our job is to make access easy!

Upcoming

Bilingual Family SEL Workshop - Responsible Decision Making & Growth Mindset

English Spanish

o Nov. 14th 5:30pm

EDUCATIONAL
TRANSFORMATION
OFFICE

LAUSD
UNIFIED