



JANUARY SEL NEWSLETTER

CELEBRATIONS

Congratulations to **Edna Sandoval** from **Van Nuys Middle School!** Edna has trained her staff, and scheduled SEL lessons using a robust advisory calendar which now includes RethinkEd curriculum! Based off the student self-assessment data, Van Nuys Middle School will be focusing on Self-Awareness after winter break.

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

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](#)