



RethinkEd



SEPTEMBER SEL NEWSLETTER



CELEBRATIONS

Audubon Middle School has launched into the 23-24 school year with the highest RethinkEd utilization! Congratulations, Audubon, for your commitment to student and staff wellness.

REMINDERS

To review how to add RethinkEd to Schoology and implement this month's SEL lessons, please watch the September Pocket PD.

[POCKET PD](#)



RESOURCES

To access your SEL resources and lesson plans, please visit the Los Angeles Unified and RethinkEd Resource Center.

[LINK TO LANDING PAGE](#)



MONTHLY SEL LESSON TOPICS

Self-Control: Self-control is regulating one's feelings, thoughts, and behaviors. Studies show self-control is key to living a healthy, productive, and successful life.

Stress Management: Everyone has stress. Simply put, stress is a reaction to challenges. A certain amount of stress can be helpful. It can provide students with an opportunity to develop skills to deal with new situations.

[LESSON MATERIALS](#)

