# SESSOCIAL EMOTIONA NEWSLETTER

December 2023



### Reminder!

Sign up for our upcoming workshop at SES on



Wed. January 17th 6p - 7p

"Parent Information Night about SEL."

Please RSVP and direct any questions to

Jen Phillips, School Counselor, at <a href="mailto:phillipsi@stafford.k12.ct.us">phillipsi@stafford.k12.ct.us</a>

Did you know that every classroom at SES has a **Charter**? The Charter is a classroom agreement that provides expectations for behaviors. The students all took part in creating the charter, by beginning with how they would want to feel in their day to day classroom experience. They then agreed upon the way they would act and treat one another so that they would feel happy, safe, cared for, comfortable, excited; to name a few feelings found on charters around the school!

We are happy to answer any questions you may have about SEL; please contact Jen Phillips, School Counselor, Beth Boyajian, School Social Worker, or Jenna Britton, School Social Worker at 860-684-6677.

## Games & Activities To Do Together:

- Let's play Roll A Reindeer! Grab a piece of paper, something to draw with, and game die. Follow the chart to know which piece to draw next. The 1st person to complete the Reindeer wins!
- Make a New Year's Cootie Catcher and ask your friends and family questions, or play the New Year I spy Game together!



Victoria Rossino- School Psychologist

**Beth Boyajian- Social Worker** 

Jenna Britton- Social Worker

Jen Phillips- School Counselor

# NEWSLETTER

December 2023

### **Upcoming Event!**

Parent Information Night about SEL

**Location: SES** 

Date: Wed. Jan 17, 2024

Time: 6:00 - 7:00p



### Do a puzzle on my neck Make a fist, Pet my animal Do yoga poses Use weighted blanket When I feel upset, worried or disappointed Visualize a peaceful Have some alone 1 can relaxing music Look at my glitter jar Play with modeling journal deep breaths Printables by Big Life Journal - biglifejournal.com

#### **Important Dates:**

12/22- Early Dismissal

12/23-1/1- School Closed

1/15 - School Closed

1/31 - Early Dismissal

Victoria Rossino- School Psychologist

**Beth Boyajian- Social Worker** 

**Jenna Britton- Social Worker** 

**Jen Phillips- School Counselor**