

SES SOCIAL EMOTIONAL NEWSLETTER



January/ February 2024

Reminder!

Parent and Teacher Conferences are coming up in March! When signing up for a conference, please let your child's teacher know of any Social and Emotional concerns you have for your child and if you want a member of the counseling team to attend!

The RULER model that we are using in the classrooms at SES encourages students to identify who they are when they are at their "best self". Students think about their positive qualities, and then determine if how they are managing their feelings is reflective of those qualities. If a student recognizes that they are kind, they can then identify a way to manage feeling uncomfortable in a way that shows others that they are kind too.

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:

"Who am I right now?"

The goal: To build self-awareness and help identify your child's strengths. These skills can also help with decision-making and understanding the perspective of others.

How to play: Get some index cards. Use them to draw pictures of your child doing something positive, like being a good helper or being a good teacher. Brainstorm about other cards your child could make.

To help your child come up with ideas, comment whenever you notice your child's positive behaviors.



[Victoria Rossino- School Psychologist](#)

[Beth Boyajian- Social Worker](#)

[Jenna Britton- Social Worker](#)

[Jen Phillips- School Counselor](#)

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6 Simple Ways To Help Kids Manage Emotions

www.thepathway2success.com



LISTEN

Ask about their feelings and help them feel heard



CO-REGULATE

Practice calming strategies right alongside them



GIVE SPACE

Allow time and space for them to get back on track



DISTRACT

Talk about favorite hobbies to give mental separation for a few minutes



DRAW or WRITE

Draw or write to express feelings, thoughts, and needs



PROBLEM-SOLVE

Come up with solutions for the challenge together

Clipart by Kate Hadfield & Sarah Pecorino

Important Dates:

3/11 and 3/12/2024: Early Release and Parent/ Teacher Conferences.

3/19/2024: Early Release Professional Development

3/29/2024: Good Friday, No School.

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