

# Social Emotional Learning (SEL) Newsletter April 10, 2020



Dear Ridgefield Families,  
We care about you, are thinking about you, and are here to support you. Every other Friday, you will receive a Social Emotional Learning Newsletter that will contain resources, activities, and lessons designed to continue supporting your child's social emotional learning this school year. Wishing you safety, good health, and connection.

—Teresa Vance, Assistant Director Social Emotional Learning

## Hello Union Ridge students & families!

We hope this finds you happy, healthy, and feeling well! We miss your smiling faces and would love to connect with you! If there is anything we can do to help support you or if you'd just like to chat, please email us.

Counselors

[niccele.dunn@ridgefieldsd.org](mailto:niccele.dunn@ridgefieldsd.org)

[amber.lutes@ridgefieldsd.org](mailto:amber.lutes@ridgefieldsd.org)

Google classroom code—2qqhzc

School Psychologist

[lacey.jones@ridgefieldsd.org](mailto:lacey.jones@ridgefieldsd.org)

## Hello South Ridge students & families from your Counselors, Mrs. Westbrook & Mr. Payette, & your School Psychologist, Mrs. Gutierrez!

We miss seeing you everyday in class, in the halls, at recess, in the cafeteria, or just about anywhere else at school! We hope everyone is healthy, doing well, and staying busy, and we would love to hear from you! Just like at school, you can contact us to talk anytime. **We are still here for you!**

Email us:

[heather.westbrook@ridgefieldsd.org](mailto:heather.westbrook@ridgefieldsd.org)

[david.payette@ridgefieldsd.org](mailto:david.payette@ridgefieldsd.org)

Also, look for us in your Google classroom!

[laura.gutierrez@ridgefieldsd.org](mailto:laura.gutierrez@ridgefieldsd.org)

## Hello SRIS students & families from your Counselor!

I hope this finds you healthy & well! As you find yourself working hard on school-work, I also want you to remember to take *breaks and relax!*

I would love to hear from you! I have put together a Google Form for communication. Students, feel free to fill out this form anytime.

<https://forms.gle/NFwyev3UJDNLNSgs5>

I am also always available via email:

[kayla.mitchell@ridgefieldsd.org](mailto:kayla.mitchell@ridgefieldsd.org)

## Greetings from your VRMS Counselor!

I now appreciate more than ever before how much I love my job. I miss you all and hope everyone is making physically, emotionally, and mentally healthy choices.

I would love to hear from you!

Contact me anytime:

[jenny.berry@ridgefieldsd.org](mailto:jenny.berry@ridgefieldsd.org)

Don't hesitate to use community resources—even if it's just to talk.

Also check on your friends & let them know if you are having a hard time.

## Hello Spudder Family!

We hope everyone is staying healthy and safe during this difficult time. We miss you all very much, and we recognize the range of emotions you are feeling by not returning to RHS this school year. We can get through this! We are **SPUDDER STRONG!**

Your Counselors, Mrs. DeShazer, Mr. Kee, and Mr. Clark will be here to support you. If you need us, please contact us via email and we will get in touch with you.

[monica.deshazer@ridgefieldsd.org](mailto:monica.deshazer@ridgefieldsd.org)

[tatsuya.kee@ridgefieldsd.org](mailto:tatsuya.kee@ridgefieldsd.org)

[aston.clark@ridgefieldsd.org](mailto:aston.clark@ridgefieldsd.org)



For students in grades K-5, Second Step has just released lesson videos to help support emotion management skill development. Click on the link(s) below to watch the videos.

Kindergarten: <https://www.secondstep.org/covid19support/kindergarten-lessons>

First Grade: <https://www.secondstep.org/covid19support/grade-1-lessons>

Second Grade: <https://www.secondstep.org/covid19support/grade-2-lessons>

Third Grade: <https://www.secondstep.org/covid19support/grade-3-lessons>

Fourth Grade: <https://www.secondstep.org/covid19support/grade-4-lessons>

Fifth Grade: <https://www.secondstep.org/covid19support/grade-5-lessons>



Looking for a podcast to listen to with you child? The Imagine Neighborhood is a podcast for families designed to help children strengthen their social emotional learning skills. To listen, go to <https://www.imagineneighborhood.org>



The Ridgefield Family Resource Center continues to meet the needs of students and families by providing food, personal care items, and additional resources.

Email: [christine.poppert@ridgefieldsd.org](mailto:christine.poppert@ridgefieldsd.org)

Phone: 360-619-1412

Website: <http://rsdfamilyresourcecenter.weebly.com/>



Family Solutions is currently accepting new clients with state health insurance. To schedule a telehealth intake appointment, please call or email and let them know your child is a student in the Ridgefield School District.

Phone: [\(360\) 695-1014](tel:3606951014) Email: [info@family-solutions.net](mailto:info@family-solutions.net)



Real Life Counseling is currently accepting new clients with state or private insurance. To schedule a telehealth intake appointment, please call or email the referral coordinator and let them know your child is a student in the Ridgefield School District. Phone: [360-619-2226](tel:3606192226) Website to request an intake: <https://reallifecounseling.us/get-started/>

#### CLARK COUNTY CRISIS SERVICES

If you or your child is experiencing a mental health crisis, you can contact the Southwest Washington Crisis Line at (800) 626-8137

<https://www.clark.wa.gov/community-services/clark-county-crisis-services>