

Social Emotional Learning (SEL) Newsletter

April 24, 2020



Dear Ridgefield Families,
The Social Emotional Learning Newsletter contains new resources, activities, and lessons designed to continue supporting your child's social emotional learning this school year. The newsletter is distributed every other Friday and is available on the district SEL website, so feel free to access these resources in a manner that works best for your family. Wishing you safety, good health, and connection.



For students in grades PreK-5, Second Step has a program called **Mind Yeti**. Mind Yeti is a great way to practice breathing and to manage emotions and anxious feelings. Click on the link to watch any of the 15 Mind Yeti videos.
<https://www.youtube.com/playlist?list=PLiUKiwbIHMQDQLCXoPaMMYotldKIUQCw>

Big Life Journal has created a "stay at home care package of ideas" students of all ages can engage in from home. To download the printable care package, go to:
<https://biglifejournal.com/blogs/blog/stay-at-home-printable-pack-families>

Big Life Journal also offers fun activities on training your brain to stay positive:

https://drive.google.com/file/d/11_pJr37D1PJZiybGzZwHppHaoFeLr8x-/view?_ke=eyJrbF9lbWFpbCI6ICJsYWVleS5qb25lc0ByaWRnZWZpZWxkc2Qub3JnIiwgImtsX2NvbXBhbnlfaWQiOiAiTU1TYWJmIn0%3D



"10 Helpful Ideas to Reduce Anxiety and Stress" is a useful resource to support students. To view this resource, click on :
<https://drive.google.com/drive/folders/12lfprhOUb90e6CrgvagSrfnsXmkFXnoh?usp=sharing>

Child Mind Institute has an article on "Supporting Teenagers and Young Adults During the Coronavirus Crisis". <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

The National Child Traumatic Stress Network has provided a list of simple activities for children and adolescents for use with and without screen time. To view the list of activities, please go to: <https://www.nctsn.org/resources/simple-activities-children-and-adolescents>

"Do what you can, with what you have, where you are." — Theodore Roosevelt



SAMHSA Disaster Distress Helpline is a 365 day a year crisis counseling support for anyone experiencing emotional distress related to a disaster. Phone: (800) 985-5990 Text: TalkWithUs to 66746

Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

This website contains links to services and supports that may be helpful for families in Washington who are impacted by COVID-19. Website:

<https://coronavirus.wa.gov/you-and-your-family>



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

Phone: 360-619-1412

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



Just a reminder that your school counselors and school psychologists are here for you at any time. Please do not hesitate to contact us.

Ridgefield School District SEL homepage:

<https://rsdsel.weebly.com/>



Teresa Vance

Assistant Director Social Emotional Learning

teresa.vance@ridgefieldsd.org

**Union Ridge Elementary
School Counselors**

niccele.dunn@ridgefieldsd.org

amber.lutes@ridgefieldsd.org

Google Classroom code—2qqhzc

School Psychologist

lacey.jones@ridgefieldsd.org

**South Ridge Elementary
School Counselors**

heather.westbrook@ridgefieldsd.org

david.payette@ridgefieldsd.org

A link to us is also in your Google Classroom

School Psychologist

laura.gutierrez@ridgefieldsd.org

**Sunset Ridge Intermediate
School Counselor**

kayla.mitchell@ridgefieldsd.org

<https://forms.gle/NFwyev3UJDNLNSgs5>

Google Classroom code—td5a5j4

**View Ridge Middle School
School Counselor**

jenny.berry@ridgefieldsd.org

Google Classroom code—ynvfjbz

School Psychologist

elena.kuzmenko@ridgefieldsd.org

**Ridgefield High School
School Counselors**

monica.deshazer@ridgefieldsd.org

tatsuya.kee@ridgefieldsd.org

ashton.clark@ridgefieldsd.org

Google Classroom codes:

Class of 2020—iorqcom

Class of 2021—wtexsd

Class of 2022—42mglw2

Class of 2023—fkkvpvr