

Social Emotional Learning (SEL) Newsletter

May 8, 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.

—Teresa Vance, Assistant Director Social Emotional Learning

For families with teenage students:

The American Academy of Pediatrics released an article highlighting ways for parents to help teenagers during this time. Click on the link to read this article.

English: <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>

Spanish: <https://www.healthychildren.org/spanish/health-issues/conditions/chest-lungs/paginas/teens-and-covid-19.aspx>



Greater Good Science Center at UC Berkeley published an article titled, "How to Help Teens Handle the Loss of Prom and Graduations" and some ideas that parents can do to support them.

https://greatergood.berkeley.edu/article/item/how_to_help_teens_handle_the_loss_of_proms_and_graduations



Connection Activity:

We invite you to join us in sending your love to one another, our community, and the world by participating in the Hopeful Heart Hunt! Here's how you participate:

1. Cut out hearts of any size from any material (paper, cardboard, wrapping paper, fabric, etc.)
2. Decorate your hearts with positive messages or leave them blank
3. Attach your hearts to a street-facing window to show hope and love to all
4. Go on a safe (social distancing) hopeful heart walk to see how many you can find
5. Send a photo of your hopeful heart creation (with parent approval) to your school counselor and we will feature it in the next SEL Newsletter



"We rise by lifting others." — Robert Ingersoll

For families with elementary age students, here are a few resources to support emotion identification and management. Students-how are you feeling right now? To answer this question it is important to have a wide range of feelings vocabulary. Check out this story video in English and Spanish to learn and practice naming feelings. <https://docs.google.com/presentation/d/1MbAo7gp96J-VqiwDoaW39CbnvET6KI5ZcGB7nyiQ6Kq/edit?usp=sharing>



Mindful Schools has created ten different pre-recorded 30 minute mindful movement activity classes students can participate in. These classes are led by the Mindful Schools training team; students and adults of all ages are welcome! To access the online classes, go to: <https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>



High School Students, Thrive Inside with Smiling Mind is an app designed to help stay connected and foster good mental habits while you're spending extended periods of time at home. To get started, go to: <https://www.smilingmind.com.au/thrive-inside>

Youth Mobile Crisis Intervention Clark County is offering short-term interventions which are solution focused and strength based to youth in crisis. This is a free service to families and students. This support can be accessed by calling 1-800-626-8137. For more information, please click on the link:

<https://drive.google.com/file/d/1WkTtYrC4QNkttUGYxoQ4RG5q6ExKFOOT/view?usp=sharing>

Just a reminder that we are here for you at any time. Please do not hesitate to contact us.

Ridgefield School District SEL homepage: <https://rsdsel.weebly.com/>
Ridgefield Family Resource Center: Website: <http://rsdfamilyresourcecenter.weebly.com/>
Phone: 360-619-1412

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