

Social & Emotional Spotlight

October 2020

IN THIS ISSUE

Week of Respect

Worried About the Upcoming Winter Blues???

Practicing Gratitude at Home

Week of Respect

We kicked off the month of October with the word RESPECT and the state of New Jersey's Week of Respect! Students spent the first full week of October showing their commitment to respect by participating in a different daily theme. We enjoyed receiving photos of some students participating from home :)

Students spent time throughout the month, both synchronously and asynchronously, learning topics related to respect such as; The Golden Rule, respecting others' differences, resolving conflicts peacefully, and listening to others' points of view. These concepts will continue to be built upon throughout the school year. We encourage you to become involved with your child's character education lessons each month!

**TREAT
OTHERS**
the way
you
want to be
TREATED.



**Respect
Week
2020**

Worried About the Upcoming Winter Blues???

As the daylight becomes shorter and the weather becomes colder, we are left possibly more than ever, wondering..."how will I make it through this long and dark winter???!"

This is a valid concern and we would like to offer you some suggestions and resources to combat those winter blues! Prevention and proactive responses work best, so check them out [here](#).



Practicing Gratitude at Home

Practicing gratitude has been found to improve your immune system, foster mental health, increase ones ability to handle stress, and have increased successful outcomes in life ([see here](#)). It is not a new phenomena to practice gratitude but during a pandemic, it may be more important (and harder) than ever. If you are finding it difficult to feel grateful right now, you are not alone! See this resource [here](#) from Talkspace.

Here are a couple gratitude ideas to get you started as a family:

At dinner, everyone at the table says something that happened that day they are grateful for. Write each share down on its own small strip of colored construction paper and create a gratitude chain in your kitchen for the month of November!

Write letters of gratitude to community members such as police, fire, EMS, teachers, active and retired military, and similar groups.

Stop & Smell
the Roses

