



# The Heart of Learning

Issue 7

June 3, 2020

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Dear WS/FCS Staff,

First, we want to thank all of you who attended the SEAL mindfulness webinar, *Mindful Moments*, last Friday. In addition, We are so honored to announce that *The Heart of Learning* newsletter is being recognized and shared by Panorama Ed as a national example of district newsletters. It is hard to believe June and the end of the school year are upon us. Next week's newsletter will be the last issue for the school year.

We are working on offering summer professional development based on your responses to our survey about SEL topics you want to learn more about. We will post all of the webinar details on our website and will also send out e-mails so you can register. As the year comes to a close, we want to acknowledge our admiration for all that you have done to overcome this difficult time. We sincerely thank **you** for all that **you** do and recognize that each and every one of **you** make WS/FCS the wonderful school district it is!

Warm Regards,  
Amanda Walker and Kathy FitzJefferies

Visit our [website](#) for archived newsletters and more information about SEAL.

## Self-Care Ideas

Remember, SEL is not just for the kids.  
Be sure to care for yourself so you may care  
for your students.

- Join the WS/FCS SEAL Team's *Mindful Moments* webinar series
- Write down 10 things you are grateful for
- Watch the sunset or sunrise
- Do a brain dump
- Perform a random act of kindness

What are some other self-care ideas?

## Free SEL Webinars

**Panorama Ed FREE webinars:**

- *Mindfulness Strategies for Adult and Student Wellness*
- *Building Connectedness and Belonging for Students While School Buildings are Closed*
- *Virtual Panel: Strategies for Top MTSS/RTI Challenges*

Click here to access the webinars:  
<https://www.panoramaed.com/webinars>

Your SEAL Team is here to support YOU!

**Amanda M. Walker**

amwalker3@wsfcs.k12.nc.us

**Kathy FitzJefferies**

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**CASEL SEL Resources during COVID19:**

<https://casel.org/covid-resources/>



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## GRAB-N-GO SEL CORNER

By: Jenna Valentine-Turner, SEL Coordinator

Hi Colleagues,

Each week, I will provide an elementary SEL resource that will be simple and easy to add to your Power School Learning pages or integrate into other e-learning activities for your students. This week's activity, "Yay For You" is based on the CASEL competency of relationship skills as it encourages time to celebrate the end of the school year with your students! A student's ability to develop and deepen relationships with others is vital to success and happiness in life. Encouraging growth in relationship skills can be very challenging via e-Learning! We often think of the need to be physically present to nurture relationships. This week, we will build on the student-teacher relationships that were constructed through the school-year by carving out time to recognize and celebrate the close of e-Learning. Making time to be intentional with celebration not only helps students feel proud and connected, but it also can create the desire to continue engaging in future academic endeavors. See below resources/info to help plan your end of the year celebration!

### **Video Link:**

[Grab-N-Go Activity](#)

### **Ideas/Activities:**

[End of Year Celebration Ideas](#)

[Menu of More Ways to Celebrate End of the Year at a Distance](#)

### **Questions:**

JAValentine-Turner@wsfcs.k12.nc.us

## STAY CONNECTED!

Check in with your students and families over the summer to continue a sense of belonging and connectedness!

Need additional resources or lesson ideas?  
Contact Amanda M. Walker at [amwalker3@wsfcs.k12.nc.us](mailto:amwalker3@wsfcs.k12.nc.us)



## Managing Worry

By: Taneisha Sanders, SEL Specialist

*Why worry? If you've done the best you can, worrying won't make it any better." - Walt Disney*

Are you a worrier? Most human beings worry about something. Some worry more excessively than others. There are worries about family, friends, ourselves, work, school, acceptance, etc. Is it nature vs. nurture or genes vs. environment that causes worry? Generally speaking, tense events in childhood as well as adulthood, such as having scarce economic resources, divorce, health conditions and the death of a family member, can cause chronic patterns of worry. Some individuals who worry excessively may experience some type of anxiety disorder. Excessive worrying affects your happiness, mental and physical health and well-being. It is best practice to talk to your primary care physician to manage chronic worrying.

In the managing of day to day events and the busyness of life, it is best practice to rethink the role of worry. Worry is a coping mechanism. Worry allows your body to not experience the negative emotionality peaks that some life challenges can create. Worry itself is not bad; however, it can lead to anxiety. Research has shown that anxiety can affect your sleep, immune system, breathing, and even affect your digestive health. Before it ever gets to that point, practice the techniques below to manage your worry. There is freedom in understanding that worrying can be purposeful. Releasing the control that worry has over you can also be liberating.

### Here are 11 techniques used for managing worry:

- Journal
- Try Talk Therapy-Talk about it
- Accept the worry and move on
- Use positive and constructive thinking ([7 Activities to Help Your Child Develop a Positive Attitude](#), [Four Activities for Positive Thinking Day](#), [Positive Self Talk Flower Craft](#), [Getting Stuck in the Negative](#))
- Meditate ([The Tapping Solution](#), [Kids Body Scan](#), [Calming Yoga](#), Cosmic Kids Yoga)
- Set aside 30 minutes in your day to think about your problems
- Be mindful about what you are thinking
- Engage in positive activities that keep your mind off of your worries.
- Set goals for yourself ( [SMART Goals](#))
- Problem-solve
- Rehearse good news and share it with others



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## ASK AMANDA:

**Do you have suggestions for how to catch up students when they return to school next year?**

With the challenges of distance learning, there are some students who fell behind, especially those exhibiting chronic absenteeism. It is important for us to remember the many complexities of home life for our students to refrain from making assumptions about why students may not have engaged as much online. With that said, below are some tips for catching ***all*** students up after the period of distance learning:

- Utilize last year's Panorama data as a baseline for deficits in SEL competency areas to target.
- Spend ample time assessing and reviewing prior knowledge before moving on to new concepts.
- Differentiate, differentiate, differentiate with ***intention***.
- Make engaging and relatable lessons and activities.
- Establish an ongoing system where students can voice concept understanding and/or a need for extra help.

**Send your questions to [amwalker3@wsfcs.k12.nc.us](mailto:amwalker3@wsfcs.k12.nc.us) and Amanda Walker, SEAL Program Specialist, will answer them in the upcoming newsletter.**

## *Mindful Moments:* SEAL's Webinar Series

The WS/FCS SEAL Team recognizes that mindfulness is essential during this challenging time of distance learning. We are here to offer a new webinar series, *Mindful Moments*, to ***all*** WS/FCS staff. During this webinar, we will practice guided mindfulness activities together before working with other colleagues in breakout sessions where you will engage in a virtual activity. You will not want to miss this opportunity to distress and re-center!

**\*\*You do not need to register for this event. To minimize distractions, you will need to be in the Zoom meeting room by 10:05 a.m. You will receive 0.1 CEUs and 0.1 Digital Learning credits.**

### ***Mindful Moments Schedule:***

**June 12, 2020: 10:00-10:45 a.m. (*last student day celebration*)**

[Recurring Zoom Meeting Link](#)



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Submitted by: Shanta Reddick, Parent Involvement Coordinator

**HOW THE COOKIE  
CRUMBLLED...**

**JOIN US ON ZOOM  
FOR A PARENT  
CONVERSATION!**

**THURSDAY, JUNE 4, 2020  
5:30 P.M.**

**WHAT WAS YOUR REMOTE LEARNING  
EXPERIENCE LIKE?**

**SIGN UP**

**[HTTPS://FORMS.GLE/FN6SS3A7P8PGDR2X9](https://forms.gle/FN6SS3A7P8PGDR2X9)  
LIMITED TO 100 PARTICIPANTS**

**ZOOM LINK**

**[HTTPS://US02WEB.ZOOM.US/J/83149508819](https://us02web.zoom.us/j/83149508819)**

**PARENT ACADEMY  
COLLABORATION WITH DIGGS  
LATHAM, KIMBERLY PARK,  
IBRAHAM, NORTH FORSYTH**

The advertisement is framed by a yellow border and features several images of cookies: a round oatmeal raisin cookie at the top, a chocolate chip cookie on the left, a chocolate chip cookie on the right, an oatmeal raisin cookie on the bottom left, and a chocolate chip cookie on the bottom right. The background is a light pink and yellow geometric pattern.