



The Heart of Learning

October 2020

Page 1

Dear WS/FCS Staff,

You are amazing! Take a moment to reflect on how resilient you are while overcoming the obstacles of e-learning. Remind yourself of a proud moment, a success story, or a recent highlight. Record this reminder so that you can look back and know that it is important to recognize that even through the challenges, **you** still shine! Remember, to continue to practice self-care and strengthen your own adult SEL skills as the school year continues.

In the October issue of *The Heart of Learning*, you will find self-care ideas as well as free professional development opportunities from Panorama Ed and CASEL. In addition, to honor Bullying Prevention Month, you can read about tips for administrators, teachers, and parents to create safe environments and recognize the signs of bullying.

If you want to share SEL activities or lessons from your classrooms, please contact me at amwalker3@wsfcs.k12.nc.us. Thank you for all of your hard work and dedication.

Warm Regards,
Amanda M. Walker

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

Self-Care Ideas

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

- Maintain a daily and/or weekly routine.
- Get some fresh air.
- Order takeout from your favorite restaurant.
- Unplug from the Internet and social media as free time allows
- Catch up with a trusted friend or colleague.

If you would like to contribute to the monthly newsletter, please contact **Amanda M. Walker** at: amwalker3@wsfcs.k12.nc.us

Free SEL Webinars

Panorama Back to School Series:

October 1 @ 1 p.m.

[*How San Angelo ISD is Supporting Students with MTSS and Panorama Student Success This School Year*](#)

CASEL Weekly Webinars:

October 2 @ 1.p.m.

[*Permission To Feel for Kids: How Adults can Support Children in Managing Emotions During Challenging Times*](#)

For more professional development opportunities, click [here](#).



The Heart of Learning

October 2020

Page 2

WS/FCS SEL CALENDARS

This year, we are thrilled to introduce the SEL monthly calendars. These calendars are designed and the resources are created and/or curated by our WS/FCS SEAL Program Specialist. Each month, you will have access to a 'click and go' calendar that provides you with easy and evidence-based SEL resources, activities, and lessons that you can integrate into your daily practices and interactions with your students. All resources are digital for use in the virtual classroom. We realize "one size does not fit all." So, you may decide to modify an activity or resource, or even, use the calendar contents as inspiration to create your own materials. On Flex Fridays, there will be professional development opportunities offered. Simply click on the link in the calendar to participate at the designated time. You will receive CEUs for attendance. If you have any questions about the calendar, please email Amanda at amwalker3@wsfcs.k12.nc.us. Both Elementary and Secondary SEL monthly calendars are available on our district [website](#).

How to Use the Calendar Resources:

- Click on the resource you want to download.
- You must be logged into Google using your WS/FCS login information. Access will ***not*** be granted to personal email accounts.
- When prompted, make a copy of the resource. The copy will now be housed in your Google Drive.
- If you want to assign or send a resource to your students, you will do so ***after*** you have downloaded the resource into your Google Drive. This way the resource is coming directly from you.
- Please ***do not*** send the direct link to the calendar to students or parents because they will ***only*** have access after you have downloaded and sent resources from ***your*** Google Drive.

 september 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August SEL Calendars	1 Lallo: Virtual Morning Meeting Activities <small>*Resource shared by Jenna Valentine-Turner</small>	2 Self-Management Reflection	3 Virtual Classroom Jobs	4 Resource: CASEL 3 Signature Practices
7	8 Lallo: Virtual Morning Meeting Activities <small>*Resource shared by Jenna Valentine-Turner</small>	9 Community Conversation Starters	10 SEL Essential Questions	11 Resource: Attendance Works
14 Mindful Monday: Body Scan Mindful Monday: Breathing Techniques	15 Lallo: Virtual Morning Meeting Activities <small>*Resource shared by Jenna Valentine-Turner</small>	16 Digital Reflection Card	17 Resource: CASEL Suggested Activities	18 Resource: Self-Monitoring
21 Mindful Monday: (FREE RESOURCE) Inner Explorer App	22 Lallo: Virtual Morning Meeting Activities <small>*Resource shared by Jenna Valentine-Turner</small>	23 Community Conversation Starters	24 Resource: Move This World	25 Resource: Staff Self-Care Planner
28 Have a student lead 1-2 minute mindfulness practice	29 Lallo: Virtual Morning Meeting Activities <small>*Resource shared by Jenna Valentine-Turner</small>	30 End of Month Goal Setting		



The Heart of Learning

October 2020

Page 3

Bullying Prevention As a Daily Practice

By: Kathy FitzJefferies, Program Manager of Safe and Drug Free Schools

Bullying Prevention Month is traditionally celebrated during the month of October. It is a time when our schools across the district join together to raise awareness and celebrate our efforts with Bullying Prevention. Due to COVID-19 and the district's focus on the *Safe Return to School* during the month of October, we recognize that it may be a challenge for teachers, students and families to give their full attention Bullying Prevention Month activities. Plans are in process to postpone our district-wide Bullying Prevention Month activities to a time when we can more fully focus our attention and energies in our celebration. However, if individual schools still want to celebrate during the month of October (including [Unity Day](#) on October 21st), the [Pacer website](#) is a great resource, and/or you can contact Kathy FitzJefferies at kefitzjefferies@wsfcs.k12.nc.us.

A month of celebration is great; however, we must not forget that bullying prevention efforts needs to be practiced each and every day. Bullying prevention takes many forms including, but not limited to: classroom instruction, activities, family education, and intervention. Supporting the growth of students' social emotional learning competencies also contributes to bullying prevention efforts. Together, we can create a safe and supportive learning environment for our students. The following are some tips from *Edutopia* ([for more details](#)).

Tips for Principals:

- Practice What You Preach
- Assess the Extent of the Problem
- Develop [and follow through] with a School-wide Code of Conduct
- Increase Adult Supervision
- Conduct Bullying Prevention Activities

Tips for Teachers:

- Know Your School and District Policies on Bullying
- Treat Students and Others with Warmth and Respect
- Conduct Classroom Activities around Bullying
- Discuss Bullying with Colleagues
- Take Immediate Action

Tips for Parents:

- Talk with and Listen to Your Children Everyday
- Spend time at School and Recess
- Be a Good Example
- Create Healthy Anti-Bullying Habits
- Make Sure Your Child Understands Bullying