



WELLNESS NEWSLETTER

McManus Elementary School

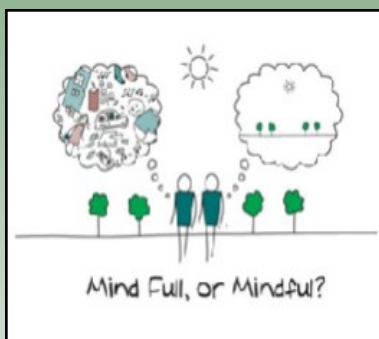
VOL 1, ISSUE 2

DECEMBER 2020

Home & School Connection

Mindfulness: Being Aware & Being Present

We all live such busy lives, and sometimes our minds and bodies can get wrapped up in the daily things we want to accomplish that we may find it difficult to slow down. It is also easy to get stuck thinking about things in the past or the future, while forgetting to focus on the present. At McManus Elementary, students practice mindfulness using the Inner Explore Program. They practice quiet moments, and deep breathing techniques that can help them cope with strong feelings. The benefits of mindfulness for children and adults are plentiful, including decreased stress and increased resilience. Mindfulness is bringing our attention to our thoughts and feelings without judgement. Inner Explore is available to families free of charge.



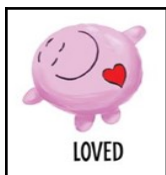
Social Emotional Learning

During this stage (am/pm hybrid model), students will receive online mini lessons delivered by our Counseling Department.

◆ *December's Character Focus, Feelings and Tools:*

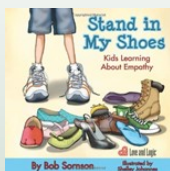
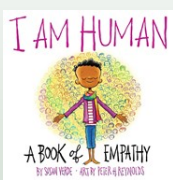
EMAPTHY IS... seeing with the eyes of another, listening with the ears of another and feeling with the heart of another. Empathy allows children to see the world from other people's perspectives and to walk, if only for a few steps, in their shoes.

Feelings:



Empathy Tool: I care for others, I care for myself

Home Activities: Listen and discuss the following books:



<https://www.youtube.com/watch?v=X9RxO3HG9bM>

<https://www.youtube.com/watch?v=pS4p-7JVs00>

Our Wellenss Team:

Christopher Weaver, Principal

Laura Puterbaugh, School Psychologist

Dolores Soto, School Counselor

Elizabeth Deen, Counseling Assistant

Ge Thao-Lor, Targeted Case Manager

If you have any questions or concerns, please feel free to call us at 891-3128.

