

# Rosemead School District SEL Newsletter



April  
2024



Greetings Rosemead Family! We hope you had a motivating March and are ready to have an awesome April! Hopefully, we are all feeling well-rested and revitalized after a good Spring Break. As we step back into the school routine for the final stretch before Summer, it's essential to acknowledge the progress we've achieved thus far in the school year. We understand that the journey hasn't always been smooth and may have been filled with occasional stress. Interestingly, April marks National Stress Awareness Month! In this newsletter, we'll delve into understanding stress and explore strategies to effectively manage it. Armed with this knowledge, you'll be empowered to perceive upcoming challenges as opportunities for growth and celebrate your capabilities, whether it's preparing for state testing, tackling a chapter test, or completing a final project!

Sincerely,

Your Rosemead School Psychologists

## Feeling of the Month

### What are some signs of stress?

- When there is stress, the brain sends out signals throughout the body and causes changes. Some changes include:
  - Heart beating faster
  - Breathing faster
  - Sweating
  - Headache/Stomachache
  - Sleep/eat less or more than usual

## Stress



### What is stress?

- **Stress** is what people feel when they are uncomfortable about something that is happening.
- Many things can cause a person to feel stress.
  - An upcoming test can make a person stressed.
  - A barking dog may make someone who is not used to dogs feel stress.
  - Someone might feel stress if something important like a library book has been lost.
- Stress is a normal reaction that everyone feels at some point in life.

### What can we do when we feel stress?

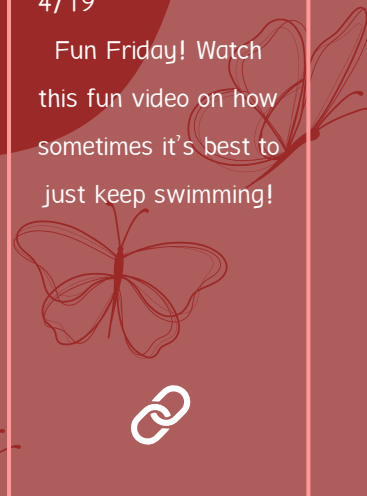
- Talk to someone about your feelings
  - Having someone just listen can help, but you can also get some helpful ideas
- Use some mindfulness strategies like deep breathing, get some exercise, or practice a favorite hobby like dancing or drawing
- Stress can stop on its own when the uncomfortable situation goes away. Sometimes stress stays for a long time.












# APRIL

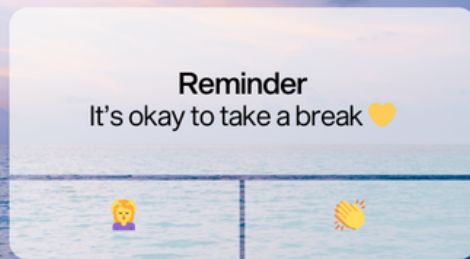


Monday	Tuesday	Wednesday	Thursday	Friday
<div>4/1</div> <div></div>	<div>4/2</div> <div></div>	<div>4/3</div> <div></div>	<div>4/4</div> <div></div>	<div>4/5</div> <div></div>
<div>4/8</div> <div>Mindfulness Monday! It's our first day back at school, so let's get ready by slowing down and getting rid of any morning stress! Watch this video!</div> <div></div>	<div>4/9</div> <div>Let's learn more about our feeling of the month: Stress! Watch this video to learn more about how your body is affected by stress.</div> <div></div>	<div>4/10</div> <div>It's Wellness Wednesday! Did you know that too much stress can make us sick? Find out about how you can stay healthy when stress tries to mess with your body!</div> <div></div>	<div>4/11</div> <div>It's Thankful Thursday and National Pet Day! Stress can sometimes get in the way of feeling thankful for the little things. Learn how to counter this by watching this video! Spending time with your pets can also be therapeutic.</div> <div></div>	<div>4/12</div> <div>Fun Friday! Watch this funny cartoon to get a better idea of what the fight or flight response is. Talk with an adult about a time you had an unhelpful fight or flight response!</div> <div></div>
<div>4/15</div> <div>Mindfulness Monday! Does your stress ever get too high to handle? Learn how to bring it down with this video!</div> <div></div>	<div>4/16</div> <div>Let's have a heart to heart talk about stress! Watch this video!</div> <div></div>	<div>4/17</div> <div>It's Wellness Wednesday! One of the best tools you have against unwanted stress is exercise! Learn more about how exercise can help your stress levels!</div> <div></div>	<div>4/18</div> <div>It's National High Five day! Did you know that high fives can help you feel more connected to others? Learn more with this video!</div> <div></div>	<div>4/19</div> <div>Fun Friday! Watch this fun video on how sometimes it's best to just keep swimming!</div> <div></div>



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4/22</p> <p>Mindful Monday! Watch this video for a list of great mindfulness stress management techniques!</p> 	<p>4/23</p> <p>It's National Picnic Day! What's more relaxing and stress-reducing than having a nice meal outdoors with people you care about? Click on this link to learn about National Picnic Day and get ideas for your next picnic!</p> 	<p>4/24</p> <p>A great way to manage your stress is to understand what is in your circle of control. Learn more by watching this video and completing the Circle of Control activity!</p> 	<p>4/25</p> <p>Hear kids make up a funny story on how a hedgehog was able to handle the stress of a very important performance!</p> 	<p>4/26</p> <p>It's National Arbor Day! This is a day where we celebrate trees! Did you know some people use trees to reduce stress? Watch this video to learn more!</p> 
<p>4/29</p> <p>Mindful Monday! Your hand is all you need to practice this mindfulness technique to reduce stress and relax in just 5 minutes!</p> 	<p>4/30</p> <p>It's National Adopt a Shelter Pet Day! Did you know that pets can help reduce stress? Watch this video to learn more!</p> 	 <p><b>APRIL SHOWERS</b> Bring <b>MAY FLOWERS</b></p>		
				





April is Stress Awareness Month—a timely reminder to prioritize mental health and well-being. In the midst of academic demands and daily responsibilities, it's crucial for both students and staff to take moments throughout the day to reset and practice mindfulness.

Remember to take some breaks. Step outside, take a few deep breaths, or engage in a quick mindfulness exercise. Your well-being is paramount, and these small breaks can make a significant difference in managing stress. Allow these moments to rejuvenate your mind, so you can have a focused and productive study session.

Remember, your mental health matters, and taking proactive steps to manage stress is a sign of strength. If you or someone you know needs support, Care Solace is available 24/7/365 for confidential mental health care coordination:

- Call: 888-515-0595 (Multilingual support available)
- Visit: [www.caresolace.com/rosemead](http://www.caresolace.com/rosemead)

Take the time you need, practice mindfulness, and thrive.

