

# Rosemead School District SEL Newsletter



January  
2025



Happy New Year, Rosemead family! I hope you had a delightful December and are ready to have a joyous January. As we step into January, we're greeted by the fresh energy and promise of a new beginning. This month, our focus is on renewal—a powerful theme that encourages us to reflect, reset, and recommit to our growth and well-being. Renewal is about more than just making resolutions; it's about reconnecting with our values, nurturing our relationships, and embracing opportunities for positive change. Whether it's a student learning to approach challenges with a growth mindset, a teacher finding new ways to support their classroom, or a family practicing mindfulness together, renewal reminds us that each day brings a chance to start fresh. In this edition, you'll find resources, strategies, and inspiration to bring the spirit of renewal into your lives. Let's work together to create a community where every member feels supported and empowered to grow. Here's to a meaningful and mindful start to the year!

Sincerely,

Your Rosemead School Psychologists

Feeling of  
the Month

# Renewal



## What is Renewal?

Renewal means giving yourself a fresh start and a chance to grow. It's like when flowers bloom again in spring or when you clean up your room and it feels brand new. Renewal is about letting go of things that don't help us anymore and trying new ways to feel happier, stronger, and ready to learn. It's a reminder that every day is a new chance to do our best, make kind choices, and keep growing!

## Why is renewal important?

Sometimes, we make mistakes or things don't go the way we want, and that's okay! Renewal gives us a chance to start over, try again, and do things differently. It helps us let go of things that make us feel stuck and focus on what makes us happy and strong. Just like trees grow new leaves or the sun rises every day, renewal reminds us that we can always grow and improve!

## How can we practice renewal?

- **Let go of mistakes:** If something didn't go right, think about what you can do better next time. Don't be too hard on yourself, everyone makes mistakes!
- **Clean your space:** Organizing your desk, room, or backpack can make you feel fresh and ready to focus.
- **Set a goal:** Think about one thing you want to do better or learn this month and work on it step by step.
- **Be kind to yourself:** Say nice things to yourself, like, "I can do this!" or "I'm proud of myself for trying."



Monday

Tuesday

Wednesday

Thursday

Friday

12/30-1/3

# WINTER Break!

1/6



1/7



1/8

It's Wellness  
Wednesday! Stay  
safe from all the  
smoke out there!  
Watch this video to  
learn more.



1/9

It's thoughtful  
Thursday! Watch  
these videos about  
our friend Dojo to  
learn how to be an  
empathy all-star!



1/10

This Fun Friday is  
also National  
Houseplant Day! Did  
you know that plants  
are great for both our  
health and our  
moods? Learn more  
with these videos!



1/13

## It's National Clean Out Your Desk Day!

Cleaning spaces that  
you learn and grow in  
is super important. A  
cluttered area can  
sometimes lead to a  
cluttered mind! Watch  
these videos for  
more information!



1/14

Let's practice some  
renewal strategies!  
Remember, it's okay  
to make mistakes!  
Making mistakes and  
learning from them is  
the best way to  
grow!



1/15

Wellness Wednesday!  
  
It is important to take  
time to develop healthy  
habits to promote your  
wellbeing. Click on this  
video to learn more  
about ways to find  
balance and build  
healthy habits.



1/16



Thankful Thursday!  
Let's take a gratitude  
movement break to  
reflect on the many  
things for which we  
are thankful.



1/17

It's Fun Friday!

Watch this video to  
learn how you can  
make "rain in a jar"  
while reflecting on  
how rain can make  
way for a fresh  
beginning.



## Monday

1/20



## Tuesday

1/21

It's National Hugging Day! Watch this video to learn just how meaningful a hug can be. Then, go hug someone you love and notice how you feel after!



## Wednesday

1/22

It's Wellness Wednesday! Did you set a New Years Resolution earlier this month? How are you doing so far? Watch this video as a reminder about how to set healthy goals for the whole year!



## Thursday

1/23

It's Thoughtful Thursday! Let's practice last month's habit of reflection. Sometimes, all we need is some imagination to reflect on tough moments. Watch as these kids create reflective stories with an adult!



## Friday

1/24

This Fun Friday is also National Compliment Day! Watch this funny video that shows sometimes it's not about what you say, but also how you say it!



1/27

Mindfulness Monday! Learn how to do a "Upset Reset" with Jane the Brain!



1/28

It's Story Time! Let's listen to a story about renewal and see how a little care can make big changes!



1/29

Embrace a new year with resilience and determination.



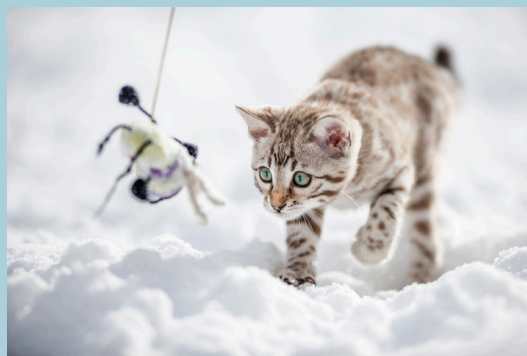
1/30

It's International School Day of Non-violence & Peace!



1/31

National Backward Day! Looking at our daily actions from a different perspective help us be open-minded and flexible. Watch this fun video below.



# 2025

## Happy New Year

As we welcome 2025, we hope this year brings growth, reflection, and new opportunities to everyone at Rosemead School District. This January, take a moment to pause and think about the past year. What brought you joy in 2024? What lessons will you carry forward? Reflecting on these moments can help set meaningful intentions for the year ahead. Check out our [End of Year Reflection Sheet](#).

We also know that goals are easier to achieve with the support of a strong community. Below, you'll find resources and events designed to help you and your family thrive in 2025. If you or your family need mental health or substance use support, Care Solace offers free, confidential assistance to connect you with care that fits your needs.

- Call 888-515-0595, available 24/7 in over 50 languages.
- Visit [caresolace.com/rosemead](https://caresolace.com/rosemead) to search on your own or use the “Book Appointment” option for personalized help.

Here's to a year of connection, growth, and well-being for all. We're excited to take on 2025 together!



## National Thank You Month

January is National Thank You Month—a time to reflect on those who’ve made an impact in our lives and express gratitude.

We are so thankful for your dedication to our students and community. Your efforts inspire learning, growth, and compassion every day.

The practice of gratitude improves our overall mental well-being. Check out these articles to learn about the impact of gratitude on our brain:

- [“Giving Thanks Can Make You Happier”, Harvard Health](#)
- [“If You Feel Thankful, Write it Down. It’s Good for Your Health”, NPR](#)
- [“When Looking for Happiness, Find Gratitude”, NAM](#)
- [7 Surprising Benefits of Gratitude”, TIME](#)

This month, we encourage you to reflect on the support you’ve received and take a moment to say thank you to those who’ve made a difference. If you or a family member needs extra support, remember that Rosemead School District partners with Care Solace to provide quick and confidential access to mental health resources.

- Call 888–515–0595, available 24/7 in over 50 languages.
- Visit [caresolace.com/rosemead](https://caresolace.com/rosemead) to connect with care providers.