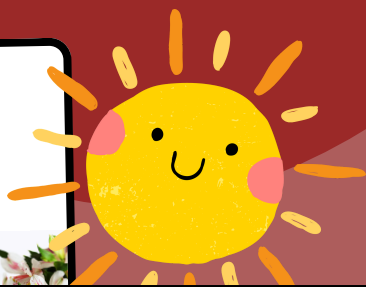


Rosemead School District SEL Newsletter



May
2024



Greetings Rosemead Family! We hope you had an awesome April and are ready to have a marvelous May! May also happens to be Mental Health Awareness month! In recent years, the conversation surrounding mental health has gained momentum, and rightly so. It's crucial for all of us to recognize that mental health is just as important as physical health. Just as we take steps to maintain our physical well-being, we must also prioritize our mental and emotional well-being. This includes practicing self-care, seeking support when needed, and being there for one another. Let's use this month as an opportunity to destigmatize conversations around mental health and create a culture of openness and support within our school community. Together, we can nurture an environment where everyone feels it's okay to need help!

Sincerely,

Your Rosemead School Psychologists

Habit of
the Month

Asking for Help

Why should we practice asking for help?

Having hard-to-handle feelings or being in tough situations might make us feel very lonely, like nobody could understand what we're going through. However, it's important to understand that you are never really alone! As a student OR adult at Rosemead School District, a person who cares is never far away! Having that trusted adult or a whole network of support can make a huge difference on our mental health.



It's okay to
ask for help

When should we ask for help?

- When our feelings get too big for us to handle on our own.
- When you or someone you know might be in danger.
- When we need advice on how to deal with a tough situation.
- When we just need someone to listen.

Who should I include in my network of support?

- Parents or other family members
- Teachers or other trusted adults like your principal
- Friends
- Your School Psychologist/School Counselor!
 - Encinita Elementary School – Mr. Moya
 - Janson Elementary School – Mr. Aviles
 - Savannah Elementary School – Mr. Chavez
 - Shuey Elementary School – Ms. Pham
 - Muscatel Middle School – Dr. Carrillo & Ms. Amezcua



HELP!!!

SEL Calendar

May



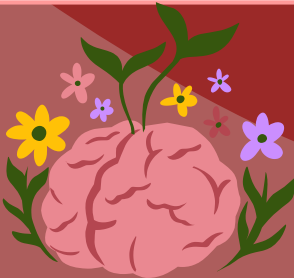
Monday

Tuesday

Wednesday

Thursday

Friday



**Mental
health
matters**

Hey teachers and parents! Some of the content in this month's calendar of activities include sensitive topics such as depression, anxiety, self-harm, and suicide. Please preview content before showing it to a child and be sure to debrief after viewing. Please reach out to school or community mental health provider if you or your child need additional support.

5/1

It's National School Principal's day! Think about what you can do to show your school principal your appreciate and make their day as awesome as your school is!

5/2

Let's have a reflective conversation! Do you view life as an individual sport, like tennis or golfing? Or do you view it as a team sport, like basketball or soccer? Talk about it with an adult!

5/3

It's School Lunch Hero Day! Find a way to make your school's cafeteria staff's day wonderful! Watch this video for some ideas!



5/6

Mindful Monday! Did you know that art can help you practice mindfulness? Watch this video for a way to take a drawing break and tune out from the busy world around you!



5/7

It's National Teacher Appreciation Day! Want to make your teacher's day? Surprise them by writing a note about your favorite thing they taught you this year!



5/8

It's Wellness Wednesday and ALSO National School Nurse Day! Celebrate by thanking your school nurse with a piece of art or a thank you note!

5/9























Let's revisit our conversation from last Thursday. Is life an individual or team sport? Watch this video and think about times you've called on someone for help in the past week!



5/10

Fun Friday! It's almost Mother's Day! Use this Fun Friday to create this fun, easy, and meaningful craft for your mom or other loved one! Remember, Mom's Mental Health Matters too!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>5/13</p> <p>Mindful Monday! Watch this video for a list of great mindfulness stress management techniques!</p> 	<p>5/14</p> <p>Tune in Tuesday! Listen to these songs with a very important message: it's okay to ask for help!</p>  	<p>5/15</p> <p>It's Wellness Wednesday! Mental health is health! Watch this video on what mental health is and how some kids take care of their brains!</p>  	<p>5/16</p> <p>It's National Do Something Good for Your Neighbor Day! Who is your classroom's neighbor? Surprise them with an act of kindness! Here's some advice from one of the greatest neighbors ever!</p> 	<p>5/17</p> <p>It's Fun Friday! Start the weekend off right with bop about mental health!</p>  
<p>5/20</p> <p>Mindful Monday! Watch the first few minutes of this great series about mindfulness! What's your Unicorn Island?</p> 	<p>5/21</p> <p>Time for some vocabulary! De-stig-ma-tize! When we destigmatize mental health, we spread the idea that it's okay to be not okay!</p> 	<p>5/22</p> <p>It's Wellness Wednesday! We all have mental health, but how is it different from physical health? How can you tell you or someone else is sick? How can you tell you or someone else is feeling down?</p> 	<p>5/23</p> <p>It's Thoughtful Thursday! Watch this video to understand the difference that offering a helping hand and accepting helping hands can make!</p> 	<p>5/24</p> <p>It's Fun Friday! Here's a funny video about a friendly frog. We all have a jar of magic dust. Talk with an adult about how you'll use yours today!</p> 
<p>5/27</p>  	<p>5/28</p> <p>What can you do to help destigmatize mental health? For our younger students, watch the video on the left. For our older students, watch the video on the right with an adult.</p>  	<p>5/29</p> <p>Wellness Wednesday! We're still working on destigmatizing mental health, so anxiety and depression are sometimes treated like bad words. Watch this video with an adult and talk about what you learned.</p>  	<p>5/30</p> <p>It's National Creativity Day! Celebrate by CREATING something! It can be a song, a dance, a piece of art, a story, anything! Get inspired by this video.</p> 	<p>5/31</p> <p>All month, we've learned about mental health, the stigma around it, and what we can do to keep our minds happy and healthy. Now, use your creativity to think about how you'll help stop the stigma.</p>  



Mental Health Awareness Month

It's okay to ask for help.

For Mental Health Awareness Month, we have an opportunity to break the stigma around mental health in our campus by talking openly, compassionately, and kindly to each other. No one should ever struggle alone. School staff are the backbone of student well-being, but remember that you also can't pour from an empty cup.

During Mental Health Awareness Month, NAMI (National Alliance on Mental Illness) joins the mental health community to reaffirm our commitment to building our understanding of mental illness, increasing access to treatment and ensuring those who are struggling know they are not alone.

If you or someone you know wants to be connected to a mental health care provider, contact Care Solace, a complimentary and confidential mental health care coordination service provided by Rosemead School District:

- Call 888-515-0595. Multilingual support is available 24/7/365.
- Visit www.caresolace.com/rosemead and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.

Don't hesitate to ask for help, use the resources around you, and never give up hope.





Asian American and Pacific Islander Heritage Month

AAPL Heritage Month is a time to honor the rich tapestry of Asian American and Pacific Islander cultures. Schools can be a powerful platform for celebration and learning. Here are a few ideas:

Embrace Diversity: Highlight the vastness of the AAPL community. Plan activities that showcase the unique traditions, languages, and histories of various Asian and Pacific Islander groups.

Spark Curiosity: Feature books by AAPL authors or incorporate folktales from different regions into the curriculum. Organize movie nights featuring AAPL films or invite guest speakers to share their cultural experiences.

Create a Safe Space: Discuss the importance of cultural sensitivity and bystander intervention. Encourage open dialogue about the challenges faced by AAPL communities, including recent incidents of racism.

Care Solace is Here for You

We understand that navigating mental health challenges can be difficult, especially for those feeling isolated or misunderstood. Care Solace is committed to providing culturally sensitive care to everyone in need. Our comprehensive network of providers includes professionals of diverse backgrounds and treatment approaches.

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Thank you, Teachers!

Teacher Appreciation Week

While Teacher Appreciation Week falls in May, every day is a chance to recognize the incredible impact school staff has on our children's lives. Teachers, counselors, administrators, and everyone in between dedicate themselves to fostering a safe and nurturing environment where students can learn and thrive. Their tireless efforts inspire curiosity, build character, and shape the future of our communities. Beyond academics, school staff play a crucial role in our children's emotional well-being. They often serve as confidantes, mentors, and advocates, offering support and guidance through challenging times. The pressure to meet student needs while managing demanding schedules can take its toll. Let's remember to extend our gratitude to all school staff for their unwavering dedication and commitment to our children's success.

The stress of school life can affect everyone — students, families, and staff alike. Care Solace is here to support the entire school community. Our comprehensive database connects individuals with mental health professionals who can provide culturally competent care, ensuring everyone has access to the resources they need. By prioritizing mental well-being, we can create a more positive and productive environment for learning and growth.

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