



Rosemead School District SEL Newsletter

November 2024



Greetings Rosemead Family! I hope you had an outstanding October and are ready to have a noteworthy November! November is typically a month about gratitude, so you might want to take a look back at our newsletter from November 2023 to learn all about gratitude! This year, we want to talk about how we can be someone that are others are grateful for! That's why our feeling/habit of the month is Giving! That's right, giving is both a feeling we can have and a habit we can practice! So think of all the people that you are grateful for; it's very likely that they are very giving as well! For example, they might give you delicious food to eat, a place to live, and a warm cozy bed to sleep in. Maybe we can't always give people all of those things, but being giving isn't just about what you give! It's the thought that people appreciate the most! So get out there and give, whether it's hugs, high fives, or even a listening ear!

Sincerely,

Your Rosemead School Psychologists

Feeling of the Month



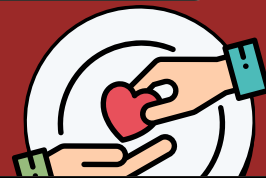
Body Signals

- A warm fuzzy feeling when you see the other person's smile!
- The smile is contagious! You might find yourself smiling as you're giving too!

Giving

I'm just a kid! What could I
possibly "give"?

- A hug to someone who needs it!
- A high five to celebrate!
- A pat on the back to remind someone to never give up!
- Toys you don't play with anymore
- Extra food for people in need!
- A thoughtful letter, note or drawing!
- A listening ear for someone that wants to talk!
- Your time! Volunteer for something you care about!

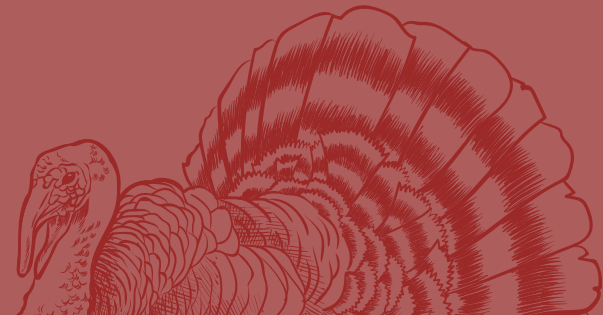


Why should we give!

- Making others feel good makes us feel good right back!
- Life is a lot happier when you're surrounded by happy people! Give to make others happy and you'll be happy too!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/28</p>	<p>10/29</p>	<p>10/30</p>	<p>10/31</p>	<p>11/1</p> <p>Fun Friday! Let's put that trick-or-treating candy to good use! Get some M&Ms (or another colorful candy) and click the link below for a fun and tasty way to practice gratitude!</p>
<p>11/4</p> <p>Mindfulness Monday! Let your thoughts flow free like leaves on a river! Practice with this mindfulness exercise!</p>	<p>11/5</p> <p>Let's learn some more about our habit/feeling of the month, giving! Watch the video below!</p>	<p>11/6</p> <p>It's National Stress Awareness Day! Watch a video below, then talk about what makes you stress with a partner. Then, talk about some strategies you use to feel less stressed!</p>	<p>11/7</p> <p>Thankful Thursday! This thankful Thursday, let's give someone else something to be thankful for! Give someone a compliment and see their face light up with a smile!</p>	<p>11/8</p> <p>Fun Friday! Check out this feel-good video! Putting a smile on someone's face doesn't always need to "cost" you something. Think about some FREE ways to make someone's day!</p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p>11/11</p> <p>No School today, but tomorrow (11/11) is Veteran's Day! If you have any Veterans in your family, make sure to thank them for their service!</p>  	<p>11/12</p> <p>Kindness is contagious! When you're kind and giving to someone, they're more likely to be kind and giving as well. Learn more about how giving can cause a "ripple"!</p> 	<p>11/13</p> <p>It's World Kindness Day! Talk with your class our an adult at home about how you will celebrate! Watch the videos below for some inspiration!</p>   	<p>11/14</p> <p>It's Thoughtful Thursday! Celebrate by learning about charities! Did you know that some very popular charities were started by kids? If you could start a charity, who or what would you want to help?</p> 	<p>11/15</p> <p>Fun Friday! It's almost Thanksgiving, so let's Make a "Thankfulness Tree" using paper or even real wood! Try to get as many members of your family or your class to add to the Thankfulness Tree!</p>  
<p>11/18</p> <p>Mindfulness Monday! Start your week off with a deep breathing exercise with our friend Dojo!</p>  	<p>11/19</p> <p>Watch how one simple act of gratitude can help others "give in to giving"!</p> 	<p>11/20</p> <p>Discover the power of "Thank you" by watching these videos together with an adult! After, talk about one thing about yourself that you are thankful for!</p>  	<p>11/21</p> <p>It's Thoughtful Thursday! Did you know that one of the most important things you can give someone costs zero dollars? That's because listening is free!</p> 	<p>11/22</p> <p>It's Fun Friday! Let's practice our Gratitude skills before Thanksgiving break by playing a Gratitude Game! All you need are some dice!</p> 
<p>11/25–11/29</p>  <h1>Thanksgiving Break!</h1> <p>Enjoy your week with your family! Try keeping a gratitude journal for every day this week! Click the links below for ideas!</p>     				

November 11th, 2024

Happy Veteran's Day

Thank You for Your Service



Veterans Day, celebrated on November 11th, is our opportunity to honor those who have served and the families who have supported them. For generations, the brave members of the U.S. military have defended our nation, embodying values greater than themselves. Today, we reflect on their sacrifices and celebrate the impact they've had on our country.

Veterans and their families face unique challenges during active service. They may endure long separations, frequent relocations, or experience anxiety while their loved ones are in harm's way. Transitioning to civilian life can be tough, and those affected by trauma might need professional support to heal. As a school community, we must stand by our veterans and their families.

Here are three ways to show your support:

- Be a listening ear for veterans and their families. Offer them a space to share their thoughts and feelings.
- Provide the Veterans Crisis Line information for those in need. Available 24/7 by dialing 988 and pressing
- Connect them to Care Solace through your district's personalized link for ongoing support. If you or a family member would like to access mental health or substance use treatment:
 - Call 888-515-0595. Multilingual support is available 24/7/365.
 - Visit www.caresolace.com/rosemead where you can search on your own or click "Book Appointment" for assistance.

To all our veterans, thank you for your service.



World Kindness Day

Kindness matters.

November 13th is World Kindness Day, a reminder to be kind to each other, ourselves, and our world. Acts of kindness, no matter how small, create a ripple effect of positivity and community.

Here's how you can celebrate:

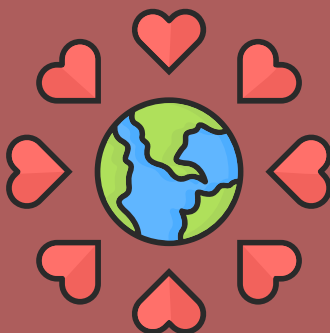
- Share your pledge to acts of kindness on social media with #worldkindnessday and #makekindnessthenorm.
- Visit the [Random Acts of Kindness Foundation](#) for ideas to incorporate more kindness into your life.
- Take a moment to care for your well-being. If you or someone you know needs support, Care Solace is here to help.

Care Solace Services

Rosemead School District provides complimentary, confidential coordination services through Care Solace to match you with the right mental health or substance use provider:

- Call: 888-515-0595 (Available 24/7/365 with multilingual support)
- Visit: caresolace.com/rosemead to search or click "Book Appointment."

Let's take a moment to text an old friend, treat someone (or ourselves) to a cup of coffee, and be a supportive ear as we close out the year.



We are thankful for our community.

Happy Thanksgiving to our families! We hope you take time this break to connect with loved ones and recharge. Even though our schools are closed, you will continue to have access to services provided by Rosemead School District through our community partners. We encourage you to save these resources to easily reference them should you or a family member need help during the break or beyond.

Rosemead School District SEL Website: <https://sites.google.com/rosemead.k12.ca.us/social-emotional-wellness/home>

Los Angeles County Department of Mental Health
dmh.lacounty.gov

800-854-7771 (24/7 Bilingual)

Didi Hirsch – Suicide Prevention Hotline

<https://didihirsch.org/services/suicide-prevention/>

800-273-8255 (24/7 Bilingual Crisis Counselors)

Foothill Family

<https://www.foothillfamily.org/>

626-993-3000



Rosemead School District partnered with Care Solace to support the well-being of students and their family members. Care Solace is a complimentary and confidential care coordination service that can help you quickly find mental health or substance use treatment options matched to your needs, regardless of circumstance.

If you or a family member are looking for help with mental health or substance use and would like to use Care Solace to find a provider:

- 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.