

LEBANON TOWNSHIP SCHOOL DISTRICT

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April 27, 2020

Dear Parents,

We hope you had a relaxing weekend and are ready to begin week 7 of remote learning. I had the opportunity to listen to a webinar about supporting SEL (Social and Emotional Learning) at home. Throughout this informative session, there were many key components discussed that are proven helpful. Please refer to some of the key points discussed below:

Teaching SEL Skills in Family Life:

- Model
- Coach
- Practice
- Create supportive environment

Learning Success:

- Routines
- Learning time – plan for mental and physical health

Goal of Morning Routine:

- Contributing
- Calming
- Connecting

Mental Health Basics Checklist:

- Healthy foods
- Water to hydrate
- Fresh Air/Nature
- Movement!
- Expectations of Self and Others – Mantra: We are all learning. GRACE!
- Love and connection

Getting Set for Learning Success:

- Set up a study space that is well lit, tools are ready, is organized, and clear of distractions.
- Allow for choices on timing, snacks, and tools.
- Use a timer.
- Allow, don't fix. Mistakes are part of learning.

Attitude Matters!

- Adopt a learning mindset.
- Offer choice, even if small.
- Read introductory material together.
- Articulate confidence.
- Facilitate thinking.
- Take brain breaks.

Please refer to link for complete webinar. <https://youtu.be/W8W-GkIHGX0> Yes, it is lengthy, but please view it when you are able to. In my opinion, you will be grateful after investing the time. My hope is that there are additional strategies and resources that will help you and your family cope with difficulty.

As we continue to move forward, our hope is that you and your families are staying strong and healthy. Please encourage your child to check in with their teachers daily and keep us updated with individual needs. Take care.

Sincerely,

Patricia A. Bell