

# LEBANON TOWNSHIP SCHOOL DISTRICT

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**Jason R. Kornegay, Superintendent**

## **Valley View School**

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Patricia A. Bell, Principal

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## **Woodglen School**

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Michael B. Rubright, Principal

May 1, 2020

Dear Parents,

Congratulations! We are almost done with week 7 of remote learning. We appreciate everything you have done to keep learning alive in your home and are grateful for your partnership.

Promoting social and emotional learning at home can be challenging. Our goal continues to be to help you maintain a balance. In collaboration with the Devereux Center for Resilient Children, this week's focus is on optimistic thinking and excerpt is below:

*Helen Keller once noted that, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." The belief that things will turn out well is what motivates effort and encourages us to keep trying. After all, if we truly believed that our efforts are wasted and that things are going to end badly, why would we make the effort? We want our children to have an attitude of confidence, hopefulness, and positive thinking about themselves and their future. It is critical to maintain a sense of hopefulness and optimism as we continue to face our day to day challenges. Please refer to the strategy below:*

1. "Even If" – This strategy can encourage children to think, "**Even if I can't...I can still...**" With enough practice, this can become a life-long skill to help your child deal positively with disappointment. (Please see link below for more details.)

## **[Promoting Social and Emotional Learning at Home](#)**

In closing, your support means the world to us. Yes, our lives are different now for all of us, but please remember that you are not alone and you can count on us. We are in this together! Please continue to keep us updated and stay in touch with your child's teachers. Enjoy the weekend and stay safe.

Sincerely,

Patricia A. Bell