

LEBANON TOWNSHIP SCHOOL DISTRICT

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Dear Parents,

Congratulations! We are almost done with week 8 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 **Self-Awareness** and excerpt is below:

What is Self-Awareness?

A realistic understanding of our own strengths and weaknesses, together with a consistent desire for self-improvement, is essential to success. Unfortunately, we are often more aware of our weaknesses and limitations than our strengths and possibilities. Failure and disappointment can cause us to think about what went wrong and why we did not meet our goals. However, when we are successful, we often go on without taking the time to think about how we used our strengths to achieve our goal.

To help our children be successful, we can help them become more aware of their strengths and skills so that they can be better prepared to call upon them in the future. As Rachel Simmons, best-selling author and co-founder of Girls Leadership said, "Self-knowledge is the foundation of real success," and that includes knowledge of our strengths.

Strategy – "My Successes and Strengths"

The goal of this strategy is simple – to become more aware of what specific skills, talents and strengths help us achieve our goals so that we can deliberately use those skills in the future. Have your child think of something they like to do and are good at. It could be sports, an artistic talent, or even playing video games. Then have them make a list of what specific skills they use to be successful. The more specific the better! Have them make a poster of the activity and the skills they use, then hang the poster to remind them of their strengths! For more information and resources, please see link below:

[Promoting SEL at Home: Self-Awareness*](#)

In closing, please take care and enjoy the weekend. May all the special ladies have a Happy Mother's Day!

Sincerely,
Patricia A. Bell