

LEBANON TOWNSHIP SCHOOL DISTRICT

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May 15, 2020

Dear Parents,

Congratulations! We are almost done with week 9 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-Management** and excerpt is below:

What is Self-Management?

Self-Management refers to an individual's success in controlling his or her emotions and behaviors to complete a task or succeed in a new or challenging situation. Both children and adults need to learn how to control their emotions so that they can get the job done. Often, when talking about managing emotions, we talk about how to calm down when we are angry, upset, or scared. These are important skills, but we also need to be able to energize ourselves when we are tired, bored, or just don't feel like working hard. Sometimes we need to calm down and focus; other times we need to "psych ourselves up" to get the energy to tackle our schoolwork, our chores, or our jobs. Being able to psych ourselves up so that we can get to work is a lifelong skill that helps us be successful.

Strategy – "Psych Yourself Up"

The goal of this strategy is simple – to increase your energy level and motivation to do whatever needs to be done. One key to psyching yourself up is to get up and get moving. Refer to link below for more information:

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

I enjoy sharing the mornings with your children. Please see list below for additional video topics and appropriate links:

1. Share a story or poem written during remote instruction. <https://flipgrid.com/ceb3ef60> (VV Spirit Fun)
2. Favorite activities learned this year: Ideas include a favorite book, math, science experiment, STEAM, art, gym, enrichment, or other additional activities. <https://flipgrid.com/ceb3ef60> (VV Spirit Fun)
3. Read aloud a picture book <https://flipgrid.com/ceb3ef60> (VV Spirit Fun)
4. Share an act of kindness <https://flipgrid.com/559e7462> (Kindness)
5. Recite the pledge of allegiance <https://flipgrid.com/9a67c5a1> (Flag Salute)

In closing, please take care and enjoy the weekend. Never forget that we are in this together and are here to help.

Sincerely,

Patricia A. Bell