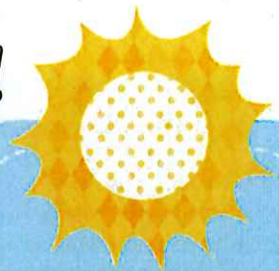


# Little Chieftain SEL-ebrations!

Potosi Elementary's Social Emotional Learning Newsletter

Volume 1, Issue 1



## SEL-ebrations? Don't we CEL-ebrate?

At Potosi Elementary, we CEL-ebrate and **SEL**-ebrate our student successes! Potosi School District's mission is to create lifelong learners of character who are productive members of society. This doesn't ONLY focus on academics. It's about character, compassion, and just raising good, healthy kids. *It's about building Social and Emotional Learning (SEL) skills so that our children are healthy mentally, physically, and are successful citizens as they grow throughout school, and in their post-secondary lives.* As a district and community, we have many reasons to SEL-ebrate the education that our children receive in Potosi. Quarterly, you will receive this newsletter which will share the strategies and SEL-ebrations that your child has and will participate in throughout this school year. Read on to find out more about our upcoming and current SEL-ebrations!

## Potosi CHOOSES LOVE

As you may know, Scarlett Lewis joined our district during open house and staff inservice days to recognize the importance of social and emotional well being. **In focusing on social and emotional skills, students build a higher self-esteem, have stronger communication skills, build more positive relationships, have better class participation and attitude, and have increased academic performance and test scores.**

This school year, our elementary school will be implementing the Choose Love Curriculum. As a school and district, we will come together to participate in opportunities to learn more about the core values and the Choose Love Formula:

***Courage + Gratitude + Forgiveness + Compassion in Action = Choosing Love***

Each quarter, our elementary will focus on one of the core values of the Choose Love Formula. Courage is our focus during first quarter. We invite your family to participate in supporting our Choose Love Movement, as well as other strategies that we will share to support the social and emotional learning of your child throughout the school year. ***Please view the attached calendar for ideas of ways that your family can 'choose love' each day, as well as the Brave Breathing strategy.*** If you are interested in additional resources, please visit <https://www.jesselewischooselove.org/choose-love-home/>.

### Inside this issue

SEL-ebration vs. CEL-ebration

Potosi CHOOSES LOVE

C-O-U-R-A-G-E-I

Other SEL-ebrations?

SEL Coach? What's that?





### SEL Coach? What's that?!

Tiffany Helmke has joined our school district this year as the Social Emotional Learning Coach. In this position, she will have the opportunity to work directly with elementary students and district-wide with staff to implement strong social emotional learning systems for all of our students.

She shares that, "I am excited and honored to be joining the district as the Social Emotional Learning Coach. As a Social Emotional Learning Coach, and psychologist, I fully believe that focused teaching on social skills and emotional wellbeing, particularly through a positive psychology lens, can benefit not only our children, but ourselves and each other."

While she enjoys activities such as running, camping, traveling, and spending time with her family, she is also excited that her family will be joining Potosi's CHOOSE LOVE journey.

Please do not hesitate to contact Tiffany with any questions regarding SEL supports or your child's needs throughout the school year by phone (608-763-4809) or email ([helmket@potosisd.k12.wi.us](mailto:helmket@potosisd.k12.wi.us))



## C-O-U-R-A-G-E-!

The first thought that may come to mind when you say 'COURAGE' could be the Cowardly Lion from the Wizard of Oz. He's a pretty important guy. Although he can be afraid to try new things, with persistence and courage, he can take on more than he ever dreamed.



Scarlett Lewis shares in her curriculum CHOOSE LOVE that 'Courage is the willingness and ability to work through obstacles despite feeling embarrassment, fear, reluctance, or uncertainty. When you practice courage, you make positive choices even when it may be difficult for you. It takes courage to express our feelings, make ethical choices, tell the truth, admit mistakes, ask for forgiveness, and to be kind. This is

especially true when others may not be leading by example.'

During our opening assembly last week, elementary staff demonstrated courage through dancing to the song 'BRAVE' in a flash mob. Students danced and cheered as teachers and staff danced. We will continue to talk about being courageous and SEL-ebrating our courage upcoming weeks!

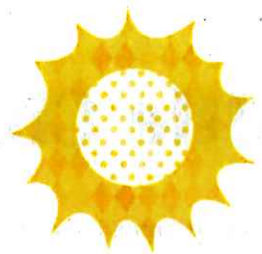
---

*"Believe you can and you are halfway there." -Theodore Roosevelt*

---

## Other SEL-ebrations?

We will continue help your child to growing socially and emotionally through the use of mindfulness activities, yoga, identifying emotions and using coping strategies. We will share the strategies that we are using in the classroom, and as a school throughout the school year. We will continue to support your child and partner with you to support the healthy social and emotional growth of your child! Please do not hesitate to ask questions or share your feedback along our SEL journey!





# SEPTEMBER 2019

Jesse Lewis Choose Love Movement



SUN	MON	TUE	WED	THU	FRI	SAT
01 <i>Labor Day!</i> <i>Take time to Relax</i>	02 <i>Make a List of things you are looking forward to.</i>	03 <i>Find an action you can take to overcome a fear or worry.</i>	04 <i>Be willing to ask for help today and always.</i>	05 <i>Shift your mood by doing something you really enjoy.</i>	06 <i>Use one of your strengths to overcome a challenge today.</i>	07 <i>Go for a quiet walk today to clear your head for tomorrow.</i>
08 <i>If you can't change it, change the way you look at it</i>	09 <i>Inhale Courage Exhale Fear</i>	10 <i>Be compassionate to yourself.</i>	11 <i>Ask yourself "What's the best that can happen today?"</i>	12 <i>Notice when you are being mean or judgemental and be kind instead.</i>	13 <i>Set an achievable goal and work to make it happen.</i>	14 <i>Adopt a growth mindset..</i>
15 <i>Take the time to really listen to others.</i>	16 <i>Give "high fives" to your friends and family</i>	17 <i>Think about what you can learn from a recent challenge</i>	18 <i>Practice taking a "brave breath" before a challenging experience.</i>	19 <i>Let go of the small stuff today and focus on the things that matter.</i>	20 <i>Look for something positive in a difficult situation..</i>	21 <i>Learn the power of YET</i>
22 <i>Try one new thing today.</i>	23 <i>Say "Hello" to someone new today.</i>	24 <i>Stand up for someone who needs your strength today.</i>	25 <i>Leave a kind note for someone else to find today.</i>	26 <i>Say positive things and choose kindness.</i>	27 <i>Make a list of positive things you can say to yourself.</i>	28 <i>LIFE SHRINKS AND EXPANDS IN PROPORTION TO ONE'S COURAGE.</i>
29	30					

**All of our dreams can come true if we have the courage to pursue them.**

Walt Disney

*Remember we all struggle at times, it's a part of being human.*

*Self-Confidence is the best outfit rock it and own it.*



# THE BRAVE BREATH

When I need to feel calm, safe,  
and strong, I can use a Brave  
Breath to let go of my fear and  
have more Courage.



1. I put one hand on my heart.



4. When I breathe in, I let the air fill my belly making it rise.



2. I put my other hand on my belly.



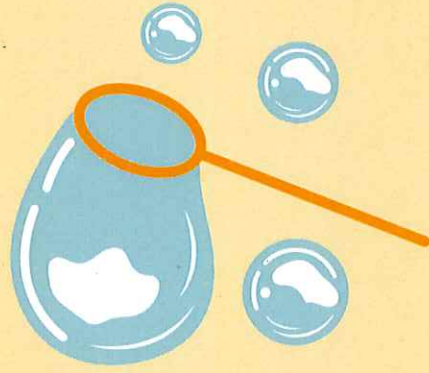
6. I breathe like this a few times until I feel more peaceful and courageous.



7. While I am breathing I can say positive things like "I am courageous", "I am safe", "I can do it" or "I am calm". This will help me to focus my thoughts in a good way to make me feel better.



3. I take a full, deep breath through my nose like I am smelling something really good like cookies or popcorn.



5. Then, I breathe out all of the air through my mouth like I am blowing on hot cocoa to cool it off or blowing bubbles. This makes my belly fall.