



HORNET NEWS

Haviland Ave. Newsletter

In this Issue

What is SEL?

Why does SEL matter?

Zones of Regulation

Tips and tricks for transitioning
back to school

SEL

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. (Casel, 2020)

Why does SEL matter?

SEL is an important part of the way both adults and children interact in the classroom and out of it!

SEL helps provide children with supportive and welcoming learning environments. Our goal is to help students feel welcome and safe!

SEL will be our first priority!
We understand these are uneasy times and our students' well being comes first!

Zones of Regulation





We will be teaching all students about the 4 different zones of regulation. These zones will help students identify how they are feeling.

We will also provide strategies the students can use to help themselves!

Tips and tricks to help your transition back to school

- Create a Morning Routine Schedule
- Establish a Bed Time and Stick to it
- Plan Ahead the Night Before To Make the Morning Go Smoother (pick out breakfast and clothes the night before)
- Talk about it! Reassure your child about any worries! School is going to be awesome!

What Zone Are You In?

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Feeling/Hitting Disgusted Out of Control