

# SEL Parent/Guardian January Newsletter

## Submitted by Dena Marro

### Tall and Small Yoga Class

Come back to school for an evening yoga class with Mrs. Marro, the district's SEL teacher and certified yoga instructor!

All students must be accompanied by an adult!

Register Now!

Where: Sargent Elementary School

When: January 4, 2023 at 5:30- 6:15

How: Email

[marro.d@beaconk12.org](mailto:marro.d@beaconk12.org)

### SEL in the Classroom

Our next focus is  
**GRATITUDE** and **BEING**  
our **BEST SELF!**



### Stay Connected:

Check out our SEL district  
instagram

@SEL\_bcsd



### SEL at Home Connection

Take care of yourself, even when it feels like the last thing you can do right now.

In order to cultivate the social and emotional skills of young people, you must take care of your own mental, social and emotional wellness. Young children are sensitive to the stress of their caretakers.

We must stay calm and realistic. They sense when we are worried and anxious, and our emotions directly affect the emotions of our children. We must build in time, even if only 10 minutes a day, for our own wellness practices—journaling, going for a walk, meditating, exercising, for example. Much like putting on our own oxygen mask first before putting on a child's, we must take care of ourselves during this stressful time so that we're able to show up for others.