

SOCIAL EMOTIONAL LEARNING NEWSLETTER



DECEMBER
2025



Monthly Focus:

Supporting Our Students Socially and Emotionally This Winter

The holidays are full of joy, but they can also bring big emotions for kids. Changes in routine, financial pressures, family dynamics, or high expectations can lead to feelings of stress, anxiety, or sadness.

Here are some helpful ways to support your child:

*Keep Routines When Possible:

Kids feel safer and more in control when things stay predictable.

*Talk About Feelings:

Check-in with your child. Let them know it's okay to feel various emotions during this time.

*Simplify When You Can:

It's okay to say no to too many events or activities. Quiet time together is just as valuable as festive times.

*Practice Gratitude:

Focus on small, meaningful moments instead of big gifts.

*Create Low-Cost Traditions:

Reading holiday stories together, baking, or going on a winter scavenger hunt can be special without a significant financial burden.



School Social Workers:

Your Northwood Support Staff is here to help make it a great year! Please reach out if you or your child need some extra support.

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Happy, Healthy Kids TIP:

The darker, colder months can sometimes dampen spirits. Keep your child's emotional wellness in check by creating opportunities for connection and joy.

Schedule family game nights, encourage creative activities like drawing or crafting, and spend quality time together reading books. A consistent, loving environment helps children feel secure and happy.

Feelings Check-In:

I am feeling:



Attendance Matters:

Attendance Matters- Even in Winter!

We know winter weather and busy schedules can make it challenging to be on time every day, but consistent attendance helps students succeed. Remember, students with perfect attendance are entered into our monthly raffle, and classroom teachers recognize students each month for positive or improved attendance at our monthly parades. Let's keep the momentum going through December!

