

SOCIAL EMOTIONAL LEARNING NEWSLETTER



JANUARY
2026



New Year, Fresh Start:

Happy New Year, and Welcome to 2026! January is a great time to reset, refocus, and start the year with a positive mindset. At school, we encourage students to set small goals, build healthy habits, and believe in themselves as learners and friends.

As we return from break, January is the perfect time to revisit our school expectations and help students return to a positive routine.

Please review our Northwood Code and our voice and speed levels.

These expectations are taught and practiced in all school areas —classrooms, hallways, the cafeteria, restrooms, specials, and the playground. By reviewing these together, we can help students make good choices and create a positive, supportive learning environment for everyone.



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:

To ensure a happy and healthy return for kids after a long winter break, focus on re-establishing routines, promoting healthy habits, and managing potential anxieties. Prioritize sleep, adjust mealtimes, and prepare for the return of school with organized routines.

Feelings Check-In:

I am feeling:



How We're Reinforcing Expectations and How You Can Help At Home:

This month, teachers and staff are reteaching school-wide expectations during morning meetings and classroom discussions. Students and classrooms will continue to be recognized for following our Northwood Code and expectations. You can help by asking your child what it means to be safe, kind, and ready to learn. Reinforce similar expectations at home and praise positive behavior. Talk through any challenges your child may have with following expectations.

As always, thank you for your partnership!